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RACQUETBALL

ILLUSTRATED

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Shoe Guide



A review of the best
bets in racquetball
footwear

The Agony of
De Feet

- What to look for when buying shoes
- How to prevent foot injuries

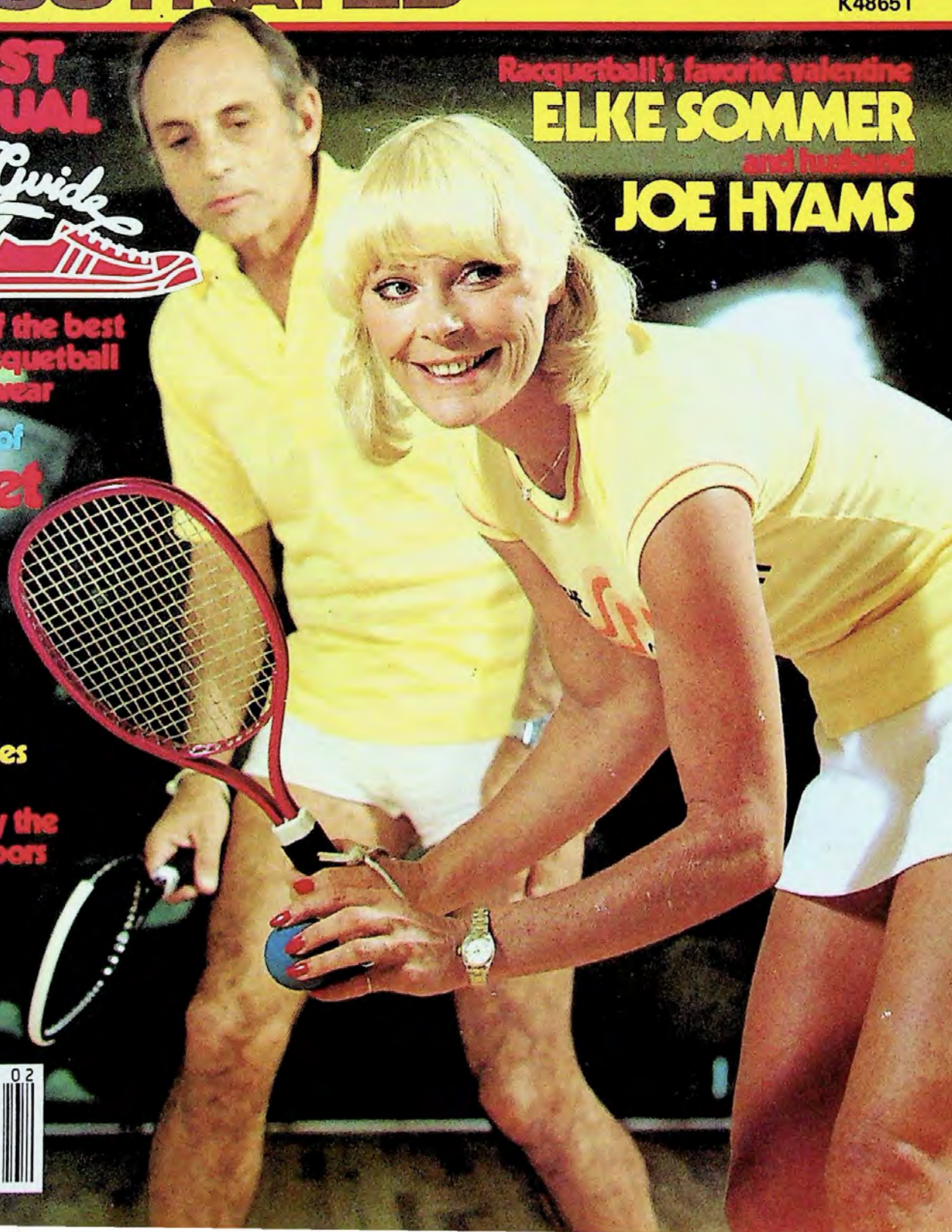
How to play the
game outdoors

Racquetball's favorite valentine

ELKE SOMMER

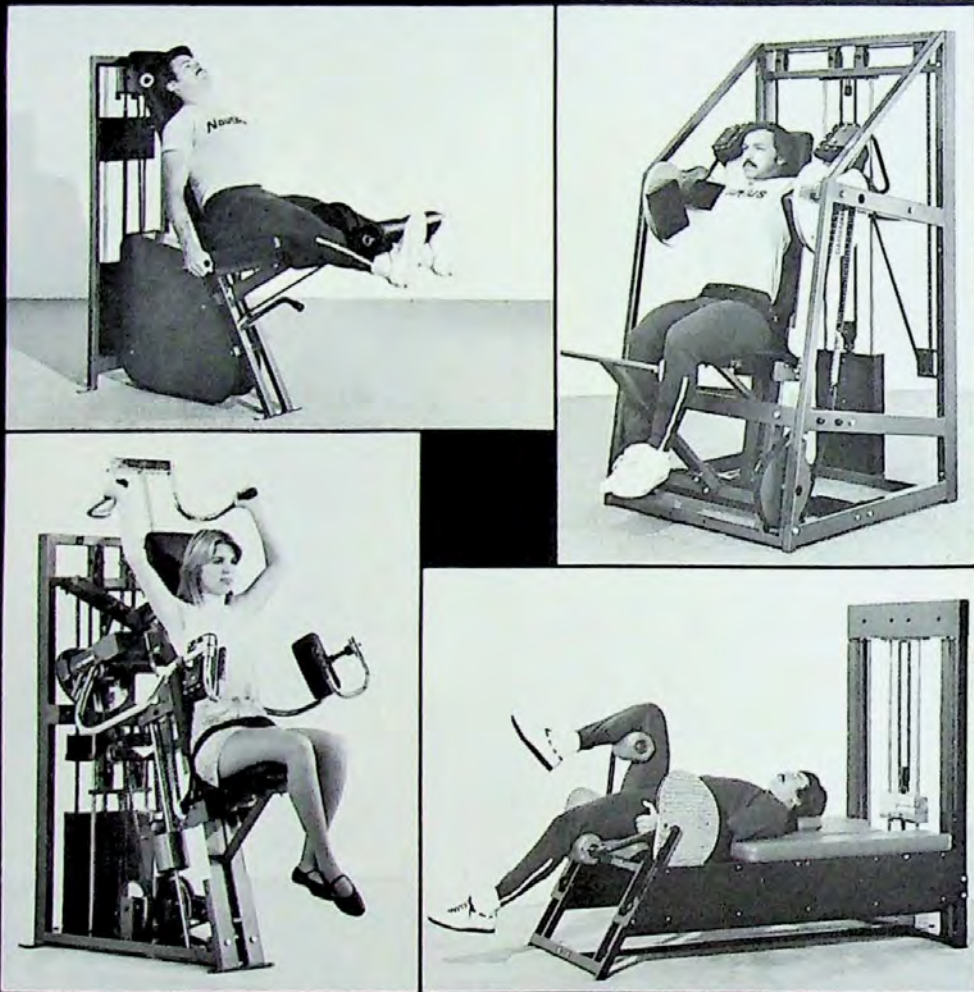
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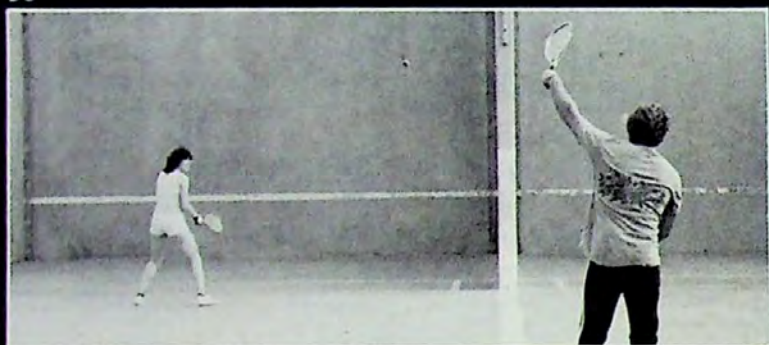
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RACQUETBALL

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February 1980

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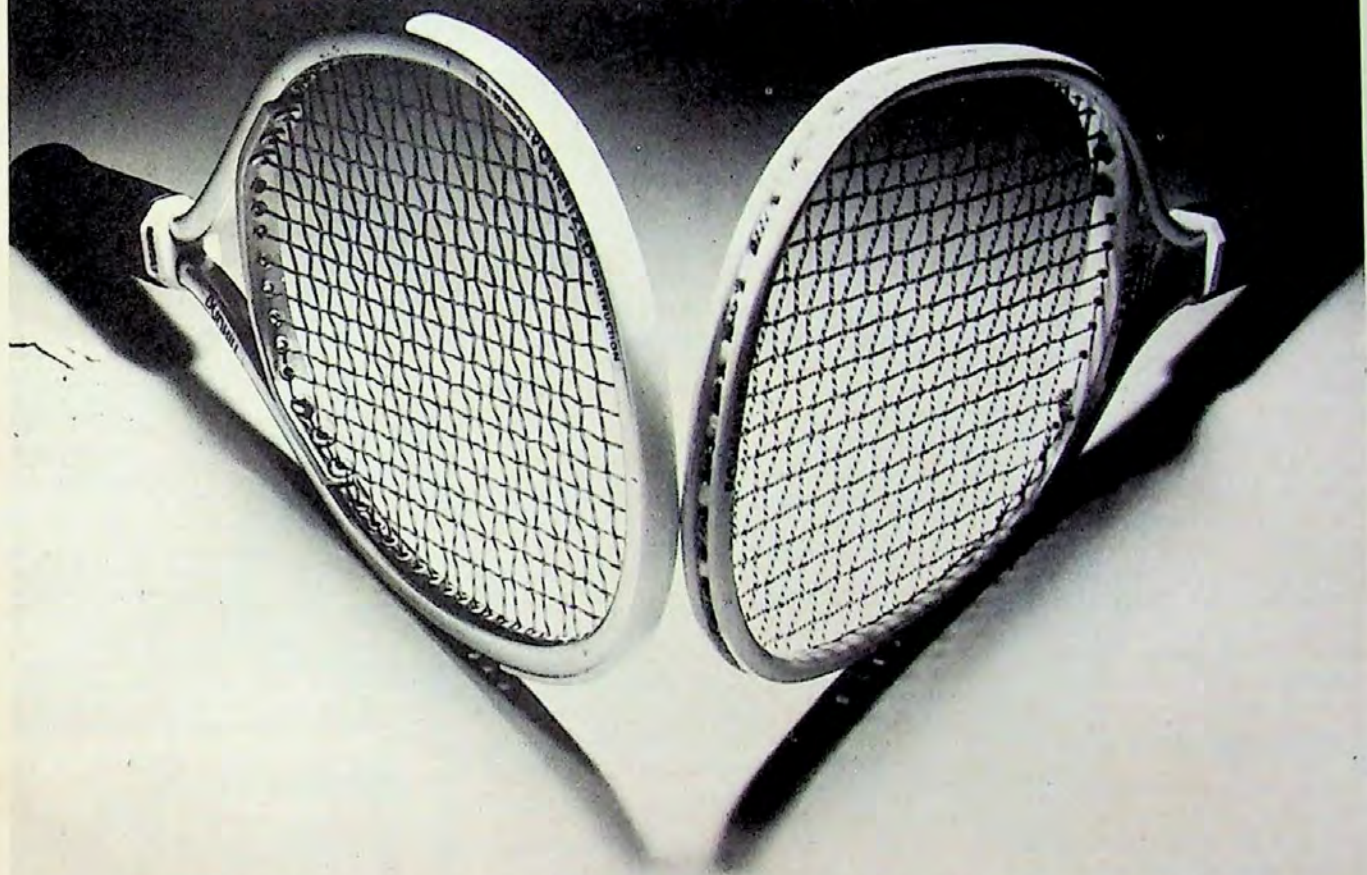
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UP FRONT

In case you have just joined us...

In case you have just joined us, the issue you now hold in your hands is our 13th.

Like all magazines, some of our issues have been received better than others. Some issues please the hard-core racquetball player. Those are usually the ones with a lot of instruction such as last month when we featured a 10-part Instruction Guide.

Some issues please the intermediate racquetball player. We don't mean intermediate in the sense of level of play but intermediate in the sense of interest. The person who usually plays a few times a week, spends a lot of time at the club and is looking to improve his or her game a notch. These players usually are the ones who want to see a little instruction in the areas they are weak in combined with stories on such things as psyching, health or ways to turn a losing game around.

Then there is the general racquetball fan. The one who plays up to three times a week but has an interest in reading about other interesting or unusual people who play the game. He or she is heavy into features, good writing, and doesn't care much about advanced instruction.

So, in case you have just joined us, let me explain what we are all about.

We are a consumer magazine. We are not associated with any racquetball organization. That way we can retain our objectivity, run results of tournaments sponsored by any organization and, in general, answer only to you and ourselves. We are not afraid of a little controversy. In fact, as we get older, we get more bolder.

We try to appeal to a segment of each racquetball audience in every issue. We try and have a little something for everybody. We run at least five instruction articles per issue, written by the top touring pros in the country or authors who have published respected racquetball books.

We run informative articles on things such as stress, injuries, and, in this issue, for example, we tell you what to look for when buying a pair of racquetball shoes.

We also like to run sociological and psychological pieces because we feel a segment of our audience is into more sophisticated levels of the game.

We also, on occasion, will run fiction, humor pieces and do some investigative reporting.

And, of course, we will continue our policy to feature celebrities and other interesting characters or personalities who play racquetball. Our covers, for the time being, will retain their celebrity look. Although we get an objection or two from the hard-core

player, for the most part the celebrity cover has met with enormous success on newsstands. People identify more with celebrities than racquetball pros at this point in the sport's history.

But let us not mislead. We are not a teen magazine or one like "People." We want the articles to say more than "gee whiz, these are super people." Take, for instance, our January issue in which actor Richard Hatch (Battlestar Gallactica), talked on "existential racquetball," or this issue in which we have a feature on Sonny Gibson, an admitted ex-hit man for the Mafia who has now turned to religion, acting and racquetball. Gibson has appeared on several talk shows and in other magazines, always playing on the fact that he is a bad guy-turned good. It's his gimmick, so to speak.

The question was debated in our minds whether even to run a story on such a person but he was candid enough with us, and his background was interesting, and he had played racquetball longer than most people, so we chose to use it. You may not like the guy but you'll find him interesting, and that basically is what we look to do in our magazine, make it interesting to all segments of the racquetball audience.

The issue is highlighted by our "Shoe Guide." We did not test the shoes this year. That will come next time. This time we have presented them to you with their commercial features and suggested retail price and then we have augmented that with stories on how to buy shoes and how to prevent injuries. We have also tied in an article on a rarity—a Broadway dancer who plays the game.

We have a story on pro Mike Yellen written by Len Ziehm of the Chicago Sun Times and instruction on outdoor racquetball, shot selection and conditioning used specifically for the game. Our cover story is about everyone's valentine, actress Elke Summer and her husband, writer Joe Hyams. An interesting and athletic couple.

Ben Kalb

Ben Kalb



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SIDE OUT

In The Rockies

Outstanding series on "Racquetball In The Rockies." You gave us more than just a few bits and pieces of information on local clubs. You gave us a portrait of each town.

I especially liked the story on Aspen. Aspen is a unique (weird?) town and I'm glad you could give readers a real insight into it.

Janet Lardner
Denver, Colo.

No Boulder

A nice series on racquetball in Colorado but you left out Boulder and Ft. Collins, home of racquetball at University of Colorado and Colorado State University.

Paul Wilson
Boulder, Colo.

The Mystery Lady

Your stories are fine, your instruction is fine, your photos are fine but what I want to know is who is that lady in the advertisement for Milibra Construction. We've seen her for a few months now, or that is, we have seen her body for a few months now. What does she look like and where does she work?

Stan Jacoby
Brentwood, Calif.

Editor's Note: We don't plan on giving out her address and phone number but glance at our "Short Shots" section as we unmask the mystery lady.

All Athletes

Thank you for publishing such a wonderful magazine which caters to ALL athletes, be they male or female.

Pat McCulloch
Englishtown, N.J.

A Thank You

I'd like to take this opportunity to thank you for including me in your November, 1979 issue in the article "Racquetball Flying High In Chicago" by Len Ziehm.

After showing it to everybody, I now have one crumpled magazine.

Mary Jo Belcore
Melrose Park, Ill.

Vote For Strandemo

I think you made a mistake in not including pro Steve Strandemo in your ballot for outstanding male player of the year.

In my opinion, Steve Strandemo has contributed the most to racquetball and rightly deserves your honor.

Helen Cammisa
Pittsburgh, Pa.

Mental Skills

My thanks to your magazine for the inclusion of many of our concepts in the article "Step Into Your Mind," by Dr. Thomas V. Pipes and Charlie Brumfield.

Whereas proper equipment and conditioning are important, the control of the eyes and the mind are perhaps a racquetball player's

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new!

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SIDE OUT

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Dr. Bill Harrison
President, Vision Dynamics
Laguna Beach, Calif.

Ball Guide

About all I learned from the "Ball Guide" was that every company makes a ball that has some good features and some poor features. I still don't know which ball is best and which one is worst.

Next year please rate the balls from top to bottom. Let the chips fall where they may. Then you'll have a real "consumers' guide."

R. Palafox
Houston, Tex.

Jones' Instruction

As an avid racquetball player I closely scrutinize instruction that appears in various racquetball magazines.

I very rarely write letters but I wanted to say that the articles by Jay Jones (Bullwhip Backhand in November and Percentage Shot Selection in December) were two of the best I have read. The articles were in-depth, yet to the point. And the photos told the story better than most I have seen.

Other pros who have gone on to greater tournament victories than Jones offer a lot of dribble at times. But his stories really say something.

Phillip Jordan
New York, N.Y.

McEnroe

I would like to correct a little detail on the article about John McEnroe in the November issue.

Being an avid McEnroe fan, I agree with article's statements about his clear blue eyes and boyish good looks (you left out his great thighs) but if my eyes are seeing correctly, he has brown curly hair, not blond. Somehow, I just couldn't picture John McEnroe as a blond.

Cheryl Richardson
Lansing, Mich.

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PLAYERS

Steve Garvey Celebrity Classic

Celebrities gathered at the Warner Center Racquet Club in Woodland Hills, Calif. to participate in the fifth annual Steve Garvey Celebrity Racquetball and Tennis Classic for the benefit of Multiple Sclerosis.

Touring pros Jerry Hilecher and Marci Greer played exhibitions with the various celebrities from the movie industry and sports world who participated in the two-day event.



Steve Garvey

Photos by David M. King

Who will be

RACQUETBALL ILLUSTRATED'S

PLAYERS

OF THE YEAR

The results are in. Watch for the announcement next month.

Steve Garvey
Classic



Ron Cey



Cathy Lee Crosby and Marci Greer

Photo by Randy Roth

He has five years to fight for your life



He is an American Heart Association Established Investigator, funded for five years to work on some phase of cardiovascular disease. He and his associates are researching ways to recognize a heart attack before severe damage occurs.

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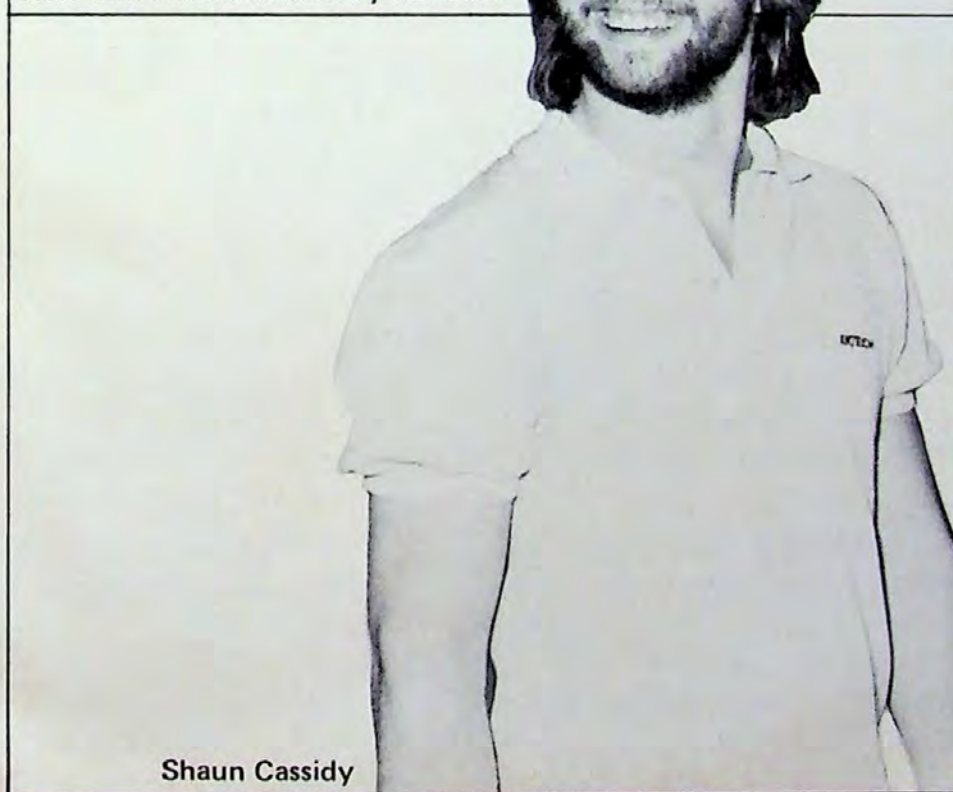
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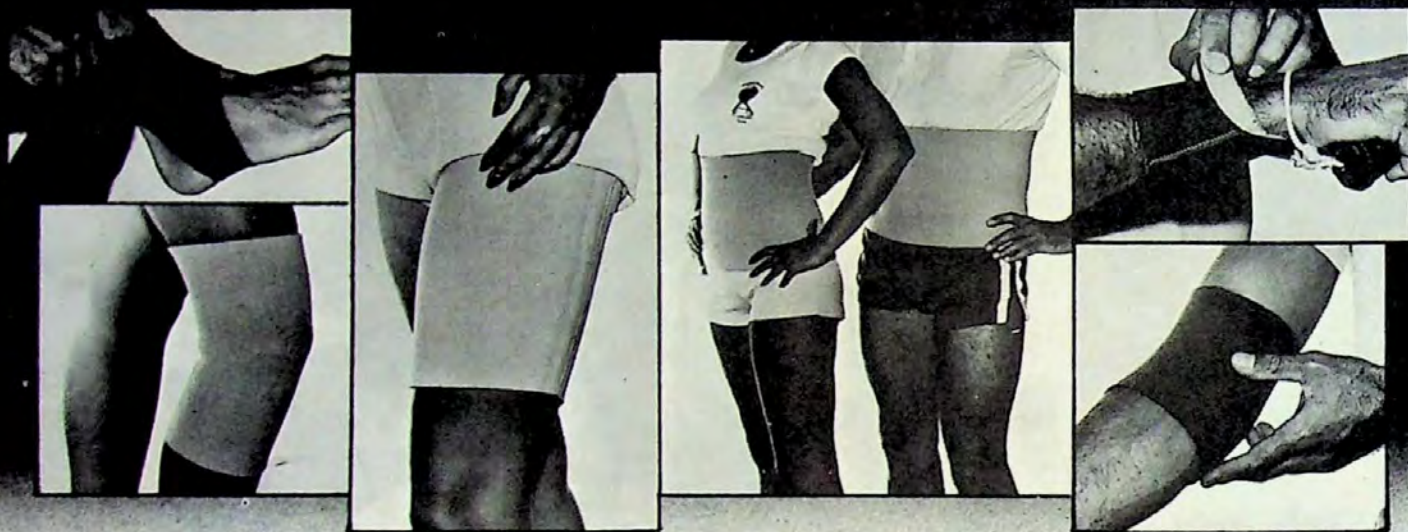


Nels Van Patten with Jerry Hilecher



Shaun Cassidy

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RACQUETBALL ILLUSTRATED'S





SHOE REVIEW

This is our first annual shoe review of the best racquetball shoes on the market.

The shoes shown are not tennis shoes, all-purpose shoes or all-court shoes. They are racquetball shoes and promoted by the individual companies as such.

In making our selection process, we chose only to use shoes designed for racquetball use. Some companies sent us all-court shoes, which they also promote as basketball shoes. These we turned down. Other companies, Converse and Pro-Keds for example, have notified us they intend to market a racquetball shoe in the near future. But their prototypes were not ready by our deadline.

In this shoe guide, as with our first racquet guide, we only present the shoes with a brief description and suggested retail price. We have not made any editorial judgment on the shoes, nor have we had them tested. That will come in the future.

To coincide with the shoe guide, we offer two articles detailing what to look for when buying shoes and how to prevent foot injuries.



ADIDAS (Hogan II)

Canvas shoe with nylon net uppers, velour toe cap and padded ankle. Features rubber heel counter. **\$34.95.**

ASAHI

Called a "racquet sport shoe", this is made of canvas (also comes in leather) and features dual sole composition—synthetic rubber and gum rubber. Fully padded foam tongue, completely lined. Shoe is lined with terry cloth. High heel and arch support. **\$18.95.**

COBRA (Powershot)

Off-white suede leather reinforced at stress points with nylon mesh. Vulcanized rubber sole with extra rubber toe bumper for longer wear. Padded tongue, collar for achilles heel and tendon protection. **\$28.95.**



SHOE REVIEW



DIADORA (Super Radial)

Two kinds of leather used to give extra strength and durability. Full grain, Zini tanned leather on upper part of the shoe with reinforcements in stress area. Cotton insole with latex arch support. Natural gum rubber "radial" sole. **\$39.95.**

FOOT-JOY (Tuffs)

Two-ply nylon mesh shoe with cemented and stitched uppers and lowers to prevent sole separation. Three rows of additional stitching for added strength in toe area. Gum-rubber sole with high-traction, hexagonal tread pattern. A network of air channels in bottom of innersole. Thick heel padding. **\$29.**

HEAD (The Ballistic)

A ballistics-mesh (polyester) and canvas shoe with natural gum rubber sole. Ballistics mesh material (used on bullet-proof vests) is on toe and outside front quarter. Ballistics mesh prevents stretching and allows for maximum breathing. Good for resisting abrasions. Sole is herringbone with radial design. **\$25.**



Review of shoes continued on page 23



THE AGONY OF DE FEET



What should you look for when buying racquetball shoes?

By Michael Cahlin

Danger! Your racquetball shoes may be killing your game. That's right, a lack of those "thrills of victory" could be urgent early warning signs of the agony of de feet.

Aside from throwing off your balance and cutting down your reaction time and speed to the ball, the wrong shoe can cause blisters and calluses while leading to more debilitating shock injuries such as shin splints, sprained ankles and Achilles tendon problems. Think about it: Every time you lunge for a ricocheting ball, three times your body's weight slams down on your tender tootsies, which is a good indication why several million Americans suffer from various foot disorders, some of whom don't even know it.

"The worst thing you can do," according to

DE FEET

Dr. Allen Selner, co-chairman of the Department of Sports Medicine for the Southern California Podiatric Medical Center, "is to buy a pair of shoes simply because a friend recommended them. Feet with high and low arches are as different as a racquetball shoe is from a running shoe. Each has its own special advantages, functions, and needs."

Never play racquetball in a running shoe. Running is a heel to toe sport while racquetball is a lateral or side-to-side sport. A running shoe is made to grip forward, not laterally, and playing a racquet sport with a running shoe will cause your foot to slide inside, resulting in terrible blisters, a twisted ankle, or possible strains, sprains or breaks. People with flat feet are particularly prone to this type of injury, according to Selner. "A running shoe has neither the support nor the cushioning required to absorb the rugged stop and go shock-action of racquetball," says Selner.

While all major sport companies manufacture shoes specifically for racquetball, there are several key factors to consider prior to choosing the proper shoe for your individual foot. Problems with your present shoe also may be due to the lack of one of several safety features.

Steve Strandemo, one of the ranked players on the professional tour, prefers a shoe that is relatively light, yet is strong and resilient enough to prevent shock and related heel bruises.

The shoe must not only be flexible enough to bend when the foot bends, but more importantly, according to Selner, it must be flexible at just the right point. Otherwise, your foot can't push off the ground properly.

A simple test for flexibility is to take the heel of the shoe in one hand, the toe in the other and bend the shoe. The shoe should flex easily at a point approximately one-third of the way back from the front. If it does not bend or is extremely difficult to bend, the shoe gets the boot.

A properly designed toe box [the front part of the shoe covering the toes] is also critical to good racquetball play. Leave one finger width between the end of the toe and the end of the shoe. This prevents your toes from jamming into the end of the shoe, thus causing broken or black toenails.

The toe box should be square and should not slope down too radically to give your toes as much room as possible. This becomes essential to players whose second toe is longer than their big toe [otherwise known as Morton's foot].

"If the toe can't grab the floor you won't get the proper balance to make the shots. Your toes must grab to maintain balance when taking a shot. Plant your feet and use your hips to pivot with the shot. You don't hit a shot by moving your feet," says Dr. Selner.

Dr. Clifford Wolf, another Los Angeles podiatrist specializing in athletic related injuries, says that aside from hindering balance, a cramped toe box also causes the muscles in the feet not to fire as quickly, which cuts down on a player's reaction time and speed to the ball. More importantly, a cramped toe box causes blisters and corn formation. Having no room to move, the toes generate a lot of friction, which could lead to perspiration and eventually to athlete's foot.

The actual control of your foot emanates from the heel. That's why your heel counter [the back ridge of the shoe where the heel sits] should be stiff. If your heel is solid and doesn't slide around, the rest of your foot will follow. Weak heel counters allow the foot to slide out of the shoe, causing blisters, ankle and leg injuries, excessive strain, shin splints and stress injuries, according to Dr. Wolf.

A quick trick to insure your heel stays rigid against the heel counter is to attach a one-quarter inch of sponge rubber padding underneath the tongue of your shoe. The padded tongue forces your foot back into the heel of the shoe. It also acts as a caution against tying your laces too tight which can hinder blood circulation to the toes and cause foot swelling.

Possibly the greatest defect in any racquet-

ball shoe regardless of make, is its heel height, which Dr. Selner maintains is not high enough. [Running shoes actually have a higher heel height than racquetball shoes.] Women are especially vulnerable to related Achilles tendon injuries and leg fatigue because they wear higher heeled shoes than men and the calf muscles in the back of their legs tend to be tighter. Because the calf muscles are tight, it puts an extra strain on the foot when a player is forced to bend for a low shot. To counter this, Selner suggests players put a one-eighth to one-fourth inch heel in their racquetball shoes.

Directly related to both the heel counter and heel height is cushioning, probably the most crucial aspect of a shoe. Like the shoe itself, cushioning doesn't just mean soft, it means resilient so that the sole both prevents and absorbs shock.

Janel Marriott is one of the top pro women players. For the past four years, she has had



frequent trouble with heel bruises. Then she started wearing basketball shoes to play racquetball.

"The extra padding underneath protects my heels," she said. "I try to have a lot of support around my ankles, and racquetball is pretty similar to basketball. They both have the same stop and go movement and are played on hardwood floors."

To test for resiliency, press down on the inner lining of your shoe. It should not only be soft, but the material should rebound when you release the pressure to insure your shoe will absorb the shock of impact during normal tough racquetball play. To add cushioning, Selner recommends players place an extra lining in their shoes. Like a foot pad, these extra liners or pads helps prevent blisters, absorbs sheering force [the side to side slamming of the shoes on the court] and absorbs or lessens other frictional forces.

Besides adding a fashionable look, shoe striping also performs an important function, provided those stripes are attached to both the bottom and top of the shoe. If so, they work in conjunction with a firm heel counter in providing lateral support. It keeps your foot snug and stable without jamming it against the shoes' sides or end of the toe box. This, according to Selner, is particularly helpful to players with flat feet.

Wolf also suggests that the upper part of the shoe be constructed of leather rather than a cloth or a synthetic material which has a tendency to trap heat inside your shoe.

"Leather is tough and porous and will protect your foot by keeping it stable and allowing it to breathe, which keeps your feet drier," says Dr. Wolf.

A leather upper is soft enough, according to Wolf, to actually conform and remold itself to the contours of your foot after continued play.

Another important trick is to match the direction of your foot with the direction of your shoe. Turn your shoe over. See how it either angles out or is straight. Now, look at your foot. Problems arise, according to Dr. Selner, when the two do not match. As a rule of thumb, he states, people with high arches gen-



erally have feet with an "in flair" as opposed to people with flat feet who generally have an "out flair."

Look for signs of wear on your old shoes. If you notice yourself tilting because the outer corner of the heel has worn down [generally the first thing in racquetball shoes to require repair] either change shoes or rebuild them. Otherwise you're putting unnecessary strain on your hips, knees, heel and foot.

Wait until late afternoon or evening to buy new shoes. That is the time when your feet are "swollen" and at their thickest. This, accord-

ing to Dr. Wolf, will alleviate any extra pain or discomfort from tight fitting shoes.

All foot measurements should be taken standing up. Measurements for width should be taken from the great toe joint to the small toe joint.

Pros and doctors agree that above all else, your new shoes should be comfortable. Walk around the store for several minutes before buying. Move from side to side. If you feel frictional forces, that shoe is not for you.

Warm up with simple stretching exercises before playing, and stop playing when you're tired. Tired muscles absorb less shock and leave you vulnerable to heel injuries.

Remember anything you can do to eliminate any pain or discomfort will make you that much more of an efficient player. And the right shoes are a good start at getting your game on firm footing.



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SHOE REVIEW



LOTTO (Newport)

Cotton twill shoe reinforced with leather on stress points (toe and sides). Gum rubber sole in rounded design for better traction. Sole is radial design with three suction spots for better traction. Rubber comes up to side of shoe for lateral support. **\$24.95.**

NIKE (Killshot)

Nylon mesh shoe reinforced with suede leather in toe area for better bonding and durability. Natural and synthetic rubber hobnail cupsole. **\$27.95.**

PATRICK (The Copenhagen)

Nylon mesh shoe with one-piece suede heel counter. Heel counter is raised to protect achilles area. Vamp reinforced with suede on inside of shoe. Side stitching for reinforcement and to withstand strain of sideways movement. U-throat construction leaves more room for toes. Gum rubber protection at toe for longer wear. Sole is gum rubber with hexagonal shaped tread pattern. **\$35.**



SHOE REVIEW



PONY (Indoor Radial)

Made of nylon with foam interlining, featuring breathable mold vamp, elliptic cat eyestay and heel counter for support. Sole is molded rubber shell, important for lateral support, with radial walls for traction during direction change. Circular elements on sole to prevent "hydro-planning." Shell mold at bone of foot is for reinforcement and support. **\$25.95.**

PUMA (Short Court)

Leather shoe with radial design natural rubber sole. Firm insole. Arch support. Tred pattern on sole. (Some stores still carry this shoe, although Puma has discontinued it in favor of a new design which will come out later this year). **\$34.95.**

SPALDING (Killshot)

Foam-backed wide cotton-mesh shoe with suede reinforcement on top. Contoured gum rubber sole which wraps up at ball of foot for increased lateral support. Special tred pattern on sole with concentric rings under ball of foot. Heavy duty heel counter. Padded perforated nylon tongue. **\$26.**

Editor's Note: Most shoes come in styles for men and women and in a variety of sizes. They are available at pro shops, sporting good stores, department stores and shoe stores which stock athletic shoes.



TRED 2 **("Z")**

Suede velour leather shoe with nylon mesh vamp. Leather toe extended along sides and reinforced with extra stitching to protect from extreme lateral stress. U-throat design. Vinyl heel cup. One-piece gum rubber cup sole. Ringed shock absorption system at heel provides extra cushioning. Double-tiered studs provide extra layer of traction. Ventilator insole draws moisture away from foot. **\$24.95.**

WILSON by Bata **(Polymatch 5)**

Nylon shoe with Polyair (polyurethane) "cavity sole" for extra lightness. Sole is contoured for snug fit. Leather reinforcement at mouth of shoe. **\$25.**



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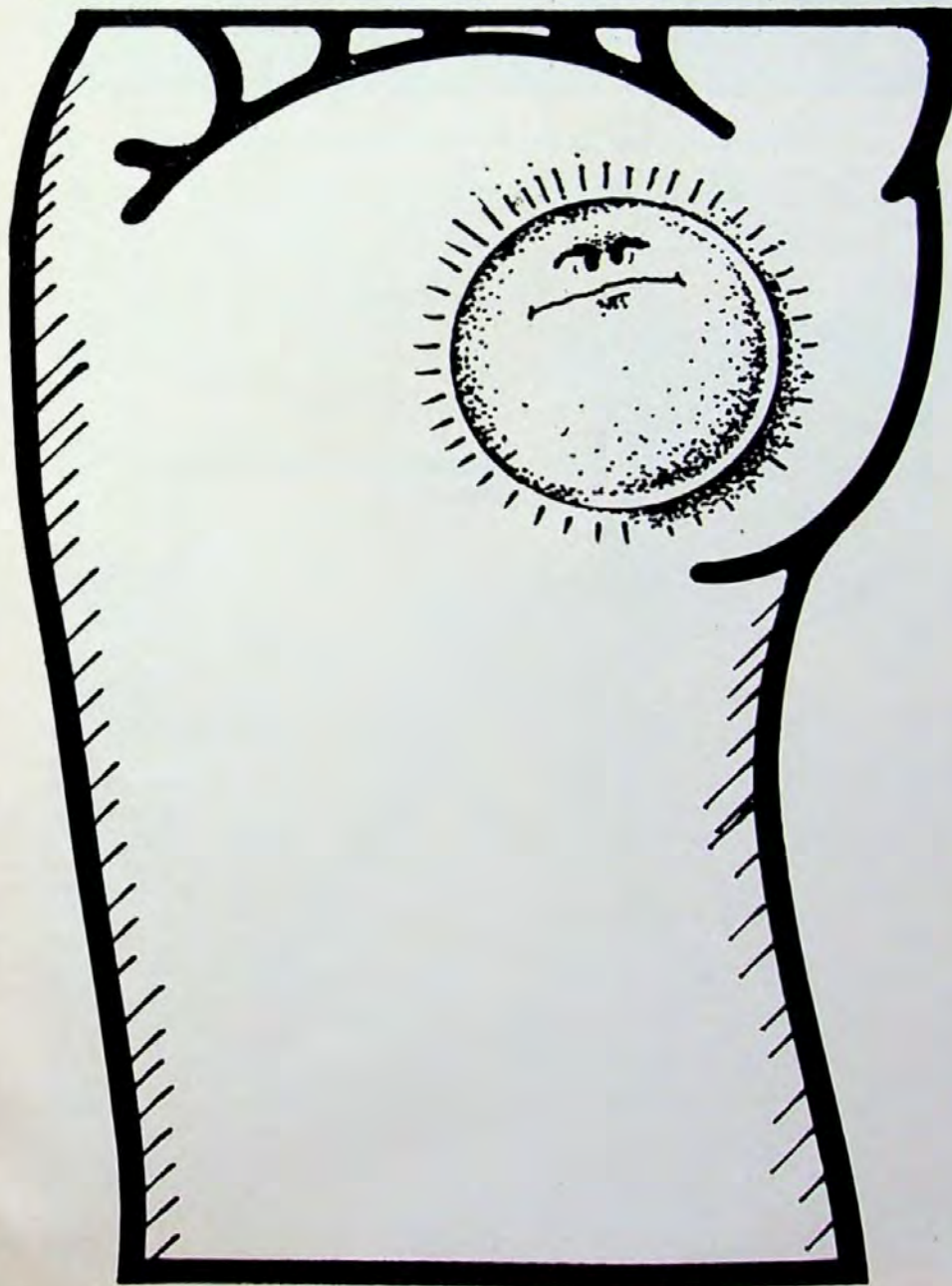
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DISSECTING THE BLISTER



By Elbert D. Glover, Ph.D.

Editor's Note: The author is director of health education at Texas Christian University.

What is a Blister?

Blisters are caused by friction or heat buildup or some other irritant. In the racquetballer's case, friction or excess heat buildup comes primarily from tennis shoes and appears on the heels, toes, and tops of feet. The body attempts to protect this irritated area by creating a puffy swelling of the outer skin. Unlike other organ systems, your skin shows. You can see it and can touch it. It can reflect what is going on inside your body and in the external environment.

There are two types of blisters caused by friction. One is of the minor type which involves the filling of serum (the watery component of blood) between the outer or top layer of skin (epidermis) and the layers below it (dermis).

The deeper more serious blister is a blood blister which is the result of damage to capillaries or blood vessels. What happens is whole blood forms between the layers of skin. This can be very painful and if not treated correctly could lead to infection.

What Causes Blisters?

Obviously, feet that are not accustomed to the constant starting and stopping of racquetball can form a heat buildup which can result in a blister. Even if feet are acclimated, a new pair of shoes with new stress points can cause blisters.

Structural abnormalities such as high arch, excessive pronation, floppy feet, etc., cause the feet to compensate very abnormally, which creates an unusual amount of motion and rubbing. If you are constantly plagued by blisters, this could be your problem. If after reading the preventive and treatment measures suggested herein, and you still suspect something else, see a podiatrist. He may suggest alternatives.

A new pair of shoes can create a new point of friction. No two pairs of shoes are alike and all fit slightly different. New shoes can sometimes be the source of the problem. Incidentally, shoes should be soft and comfortable. A loose fitting shoe allows the foot to slip around causing friction which results in heat buildup. Too tight a shoe can cause pressure which also causes heat buildup. Too tight or too loose can cause problems—what you want is as good a fitting shoe as possible. One should try on several pairs of the same size. If one pair

BLISTER

seems to fit better than the others, try it. It could make a difference.

Old shoes can sometimes be the cause of blisters, especially if the tops begin to harden after constant exposure to perspiration. Old shoes can form a rough lining as the wear and tear on the shoe takes place which could create blisters.

Different surfaces on floors can give rise to a blister. If you have been playing on a wooden floor and switch to a tartan floor which has exceptional grip, it could create the necessary friction for blisters.

How to Prevent Blisters

If the conditions are right, you will get blisters regardless of the precautions taken. Precautions can be taken to prevent blisters, and surprisingly a great majority of the problems could be prevented with a little foresight.

Gradual conditioning of the feet is necessary to toughen the skin on the feet. A soft sock is like another layer of skin, so two pairs of socks can assist in cutting down on friction. In the case of slightly large shoes, two pairs of socks can fill them out. Remember when buying shoes that they be tried on with two pairs of socks, otherwise, you get too tight a pair of shoes. Dry socks are very important, wet socks increase friction. If you feel uncomfortable requesting a time-out, wait between games. Referees usually allow participants time out for a short change and/or to wipe off their glasses without charging them with a time-out. You could request a shoe or sock change. All the referee could do is deny your request. Your next alternative may be an injury time-out.

If your shoes absorb too much perspiration and begin to stiffen, wash them. Watch for folds in socks and folds in the worn-out shoes that begin to fall apart. Blisters on the end of toes are the result of too short a shoe.

Since friction is the immediate cause of blisters, reducing friction is a way to prevent them. Lubrication minimizes friction. Use petroleum jelly and/or band aids on ends of toes and sensitive areas before playing racquetball. A little precaution can save a great deal of misery and pain later. The following guide developed by Jack Hennig can assist you in preventing blisters.

1. Toughen the skin by: (a) gradually increasing playing time, (b) using a skin spray.
2. To protect the toes from excessive friction, apply: (1) petroleum jelly, (b) athletic tape or band aids. Be sure to remove jelly and/or tape to allow skin to breathe and speed up healing.
3. Socks must fit properly. Check for folds.
4. Avoid tube socks. There is no heel which causes them to ride up and down. Socks should be of cotton or a blend of cotton and wool.
5. If you use two pairs of socks, use powder between them.

Socks are a source of some blisters. New cotton socks need to be washed at least once before they become comfortable. Wet socks can create problems as they increase friction. Socks that have been worn several times without washing stiffen upon drying and could be your problem. Folds in socks can be the source of blisters. When the fold is in the sock, it creates an added pressure point.

Possibly your problem is continual irritation because of not wanting to quit the match. This "must win at all costs" attitude could cause blisters. Listen to your feet and when irritation

becomes evident, see about your problem quickly before it gets out of hand. Stop the irritation before trouble begins. Do not continue to irritate the feet, in spite of discomfort and pain, for the sake of winning. Ask for a time-out and take care of the problem. If a blister has formed and it is affecting your play, possibly an injury time may be in order to correct or prevent further aggravation of the situation.

broken, treat it as an open wound. Be sure to watch for signs of infection.

Incidentally, after draining blisters, do not remove the outer skin of the blister because it serves to protect the sensitive area underneath. In a few days the outer skin will be toughened.

A doctor should be consulted with the much deeper blister (blood blister) where capillaries have been damaged. These blood blisters are much deeper and are easily infected. If you hesitate in seeing a doctor or choose to take care of it yourself, chances are all will turn out well, but there is a possibility of massive infection. If infected, the doctor will dress it with an antibiotic and prescribe antibiotics.

If you choose to utilize self-care, watch for signs of infection. Redness, swelling, pain or streaks emanating from the blister or in the lymph nodes (groin area) are indicators of infection. If these signs are present, you'd better see the doctor quick.

Guide for Treatment of Blisters

1. When a blister first develops, wash your hands and then clean the affected area with soap and water or alcohol.
2. Puncture the blister with a sterile needle.
3. Make multiple punctures at the level where the blister meets the skin. The puncture should be large enough to allow drainage but not too small that the fluid will clog up.
4. After puncturing the blister, gently apply pressure on top of the blister so the fluid will disperse to the sides. Removing the fluid will greatly reduce the pain. Leave the overlying skin intact. Blisters will heal better if the skin remains.
5. An antiseptic solution or first aid cream should be applied over the entire area. Apply a bandage or pad to prevent further injury.

Remember the care you take with your feet could mean the difference between temporary and long disability, the difference between long and rapid recovery and whether you get or do not get blisters. A little prevention and extra precaution can go a long ways in dealing with blisters.



6. Some people like to play without socks. This is a mistake. It allows the foot to slide, become damp and creates friction.
7. Buy shoes that fit properly. The shoe should be totally broken-in before using in a tournament. Make sure there is sufficient toe room.
8. Pad areas of unusual pinching or rubbing.
9. Use lubricant to reduce the friction.
10. Be sure to keep socks and shoes free of dampness. Wash socks after use and wash shoes whenever canvas begins to stiffen.



Treatment of Blisters

Do not take blisters lightly. Untreated blisters can suffer further aggravation and infection. A torn blister is a breeding ground for infection. Actually, the foot has more bacteria growth on it than any part of the body with the exception of the anal region, so be careful with the blisters.

If the blister is modest and near the surface of the skin and will not be subjected to further irritation, it would be best to leave it alone, but not ignore it. Watch it carefully and it should dry up within a few days.

Blisters are best left unbroken. Otherwise, wash the entire area with soap and water and make a small puncture hole at the base of the blister with a needle that has been sterilized in a match flame or by soaking in rubbing alcohol. Apply a sterile dressing and protect the area from further irritation. If the blister has already



RACQUETBALL ON BROADWAY

Yes, folks, there is a dancer who plays racquetball



By Mary Ellen Hancock

Dancers who keep body and soul together by tapping arabesques around New York's Great White Way, do not as a rule loosen up with a sport that might injure them. So finding a racquetball player on Broadway is about as likely as finding a palm tree on the Alaskan tundra. But myths shatter easily, especially if you are Michael Scott.

Scott, currently appearing in his first Broadway hit—the Tony award-winning "The Best Little Whorehouse in Texas"—has incorpo-



rated racquetball into his daily life. In a profession where the larger percentage of his peers are unemployed and considering the resulting competition for roles and the possibility for strains and twists inherent in the game of racquetball, the phrase "dancer who plays racquetball" is as close to a contradiction in terms as you can get.

But Scott doesn't let contradictions or terms or statistics get him down. Scott doesn't let too much bother him at all. It could be this laid-back California philosophy that has been his secret of success in the theatre and also allowed him the freedom to take on racquetball.

Scott, who grew (6-feet-5) up in Southern California, played a lot of tennis and paddleball when he was younger. Then about two years ago after moving to New York (where racquetball courts are about as scarce as

BROADWAY



"I don't really think of myself as a dancer . . . but as an actor who can sing and moves well," says Scott.

dancers who play the game) he converted to racquetball.

"I live at The Manhattan Plaza, a 45-story luxury apartment building that is federally subsidized for performing artists," Scott explained. "Right in the middle of the complex they have six tennis courts and two racquetball courts. I just jumped right in, took up tennis again and thought I'd try a little racquetball too. To my surprise I liked racquetball a lot more than I did tennis."

"Racquetball is so fast-moving and there is that whole theatrical thing of your foot slapping the ground and it just resounding off the walls in this box . . . it's just a total physical workout . . . your responses have to be so much faster than in tennis."

The problem for Scott was not whether he wanted to play but who to play with. Certainly not other dancers. "Mostly I play with other actors. There are to my knowledge very few dancers who play racquetball because they just don't want to risk getting injured," says Scott. "Racquetball like jogging builds up the muscles and constricts them. The dancer wants to stretch and lengthen them. So, if you are really a dancer and think of yourself as a dancer, there is a conflict."

So, then, why does Scott the dancer play racquetball? "I don't really think of myself as a dancer," he says. "I'm young, I'm sturdy and I think of myself as an actor who can sing and move well."

And move well he does. Most audiences agree that the real showstopping number in "Whorehouse" is the one in which the football team changes into their cowboy duds and performs a spirited tap-dance. Scott is part of that number. "Tommy Tune (choreographer of "Whorehouse") taught us that number," said Scott. "We had about seven weeks of rehearsal and he drilled us by giving us one step to work on—each day for about an hour. We each had a good sense of rhythm and eventually he pieced it all together and took things out that he didn't like. He had about ten or fifteen different steps and he just arranged them in different sequences. Eventually it came out the way it is."

Scott says racquetball has helped him with the show. "I find that racquetball is both an emotional and physical benefit to my career on stage," he says. "It's great because I am a physical person. Working out by playing racquetball makes me feel a total sense of well-being that carries over into the show. My presence and the way that I feel about myself in the show—especially playing a football player in the show—just gives me more strength. I feel a power on the stage."

Scott continues, "I've also discovered that while playing racquetball I sweat more than I do taking a sauna. When I come out from playing racquetball I'm drenched totally and that's something I can't get from sauna or tennis or anything else."

Scott, 25, first moved to New York City after

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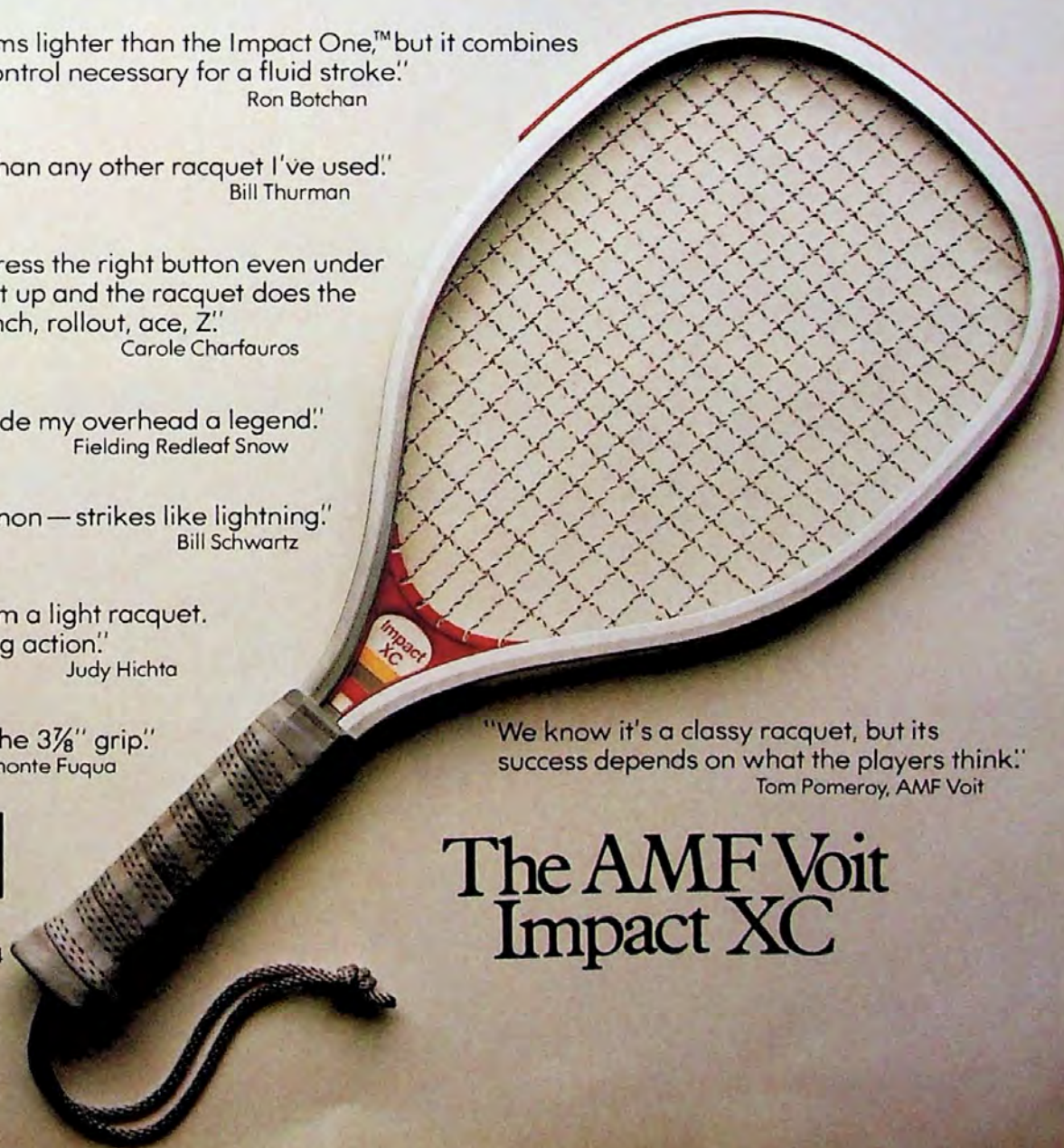
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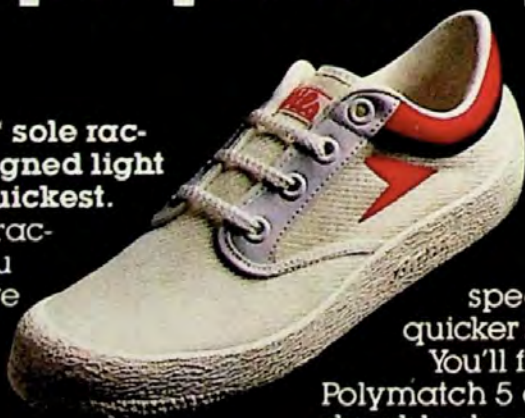
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BROADWAY

he had played in a nine-month run of "What's a Nice Country Like You Doing in a State Like This?" at a cabaret in L.A. That job got him his union card and summer stock in Sacramento. He was twenty. "I figured, well, I've got the money and everyone says that New York is where it's at, so I thought I'd give it a whirl." He drove to the Big Apple.

After the initial move to New York City, Scott worked in a dinner theatre in Boston and did a children's theatre tour in the South. It was at that time that he suffered somewhat of an identity crisis. "When I first came to New York I thought, 'What's the matter with all these people. They're just burning themselves out. They should just lay back and take life as it comes.' So I moved back to L.A. and endured a six-month lethargic period. I just went to the beach and got a great tan.

"But I found out that I am a very active person and I needed to be working or else go nuts. So I did some summer stock and finally said, 'That's it.' I had to go back to New York so I drove straight cross-country with this other guy in a pick-up truck. We did the trip in 62 hours and got into the city on a Friday afternoon. I picked up the trades and I saw an open call for "Showboat" at an evening dinner theatre and I thought, 'I can't audition for this man. I haven't even shaved. I've got food stains all over my clothes. I'm spaced out.'

"But I went down there anyway and they were lining people up and typing them. They said, 'You stay, you stay and you stay.' They told me to stay. All of these other guys were in suits and ties and there I was grubby and in jeans and they told me to stay." He got the job.

Between "Showboat" and "The Best Little Whorehouse in Texas," Scott did some soap opera work in "Search for Tomorrow." But "Whorehouse" has been his life for two years now.

For the uninitiated, "The Best Little Whorehouse in Texas" is a true story recounting the life and times of the infamous Chicken Ranch in Gilbert, Tex. Critics and audiences have agreed in calling it one of the most rollicking good times ever to appear on Broadway.

The show first started at the Actor's Studio as a workshop where the script was developed. It then went off-Broadway and then on to Broadway where in the 1979 Tony Awards, it copped honors for Best Featured Actor and Actress.

"The show is great," said Scott. "The cast is really laid back and the show really has that Texas feeling. We get a lot of Westerners in the audience—a lot from Houston—and they just whoop and holler. New York audiences aren't as aware that this is really a true story but they love the feel of a down-home, wild and woolly type of show for a change.

Over 300 people auditioned for Scott's part as a member of the football team and one of the "Watchdog Quartet." Once again Scott was skeptical about the audition because he thought they would be looking for more traditional dancing types. Once again he went any-



When not performing in "The Best Little Whorehouse in Texas" on Broadway, Scott spends some of his spare time playing racquetball. Here he hits a few around with writer Mary Ellen Hancock.

way and turned out to be just what they were looking for.

"I think my approach to getting jobs has been successful because I have a lot of outlets in my life and do not approach my career with a do-or-die attitude. I look at it as a business. I'm talented and I know I'm going to be working. At auditions they look for specific types and if I don't get something I don't take it personally."

And what about the future? What does he foresee 10 years down the road? "I probably will be a John Raitt type because I have a strong singing voice and also because of my size. I look to gain recognition from doing musical theatre.

"Right now, I've put together my own act as

kind of a security piece for times when I am not working."

When Scott is not on stage in "Whorehouse" or developing his own show . . . or playing racquetball . . . or seeing other shows . . . or studying, he has time then for a couple other favorite sports such as hiking and skiing.

Scott is a natural athlete. His total fitness allows him to be natural on stage and to be natural playing racquetball. "In my capacity in 'Whorehouse' people think 'Oh, he's a dancer!' But in my own head I don't think of myself as a dancer. I'm an actor who sings and moves well. Why not play racquetball? Racquetball is fun. I love it. So I just go ahead and play."



Service Return

By Jerry Hilecher

Distinctions between offensive and defensive positions—so familiar in other sports—tend to blur in racquetball. The game moves so fast that a player switches from offense to defense at any given moment.

Likewise, a shot, which is primarily an offensive maneuver, could be defensive if the purpose of the shot is not to score a point but to elicit a weak return from the opponent in order to set up a point on the next shot.

This, in fact, is the strategy most frequently used in serving. Nonetheless, the server is an offensive position and the receiver in a defensive position during service, more so than they are likely to be at any other time in the game.

The server has two definite advantages: He controls the center of the court from his position in the server's box and he has the opportunity to place the ball wherever he wants it, at least within the limits of his ability.

The receiver, on the other hand, will be—in most cases—in deep backcourt center and the server will be attacking the weakest aspect of his game—his backhand, for example.

For these reasons, the receiver's principal aim is to make a return which will not "set up" the server, but rather, will move him out of center court and get the receiver back on an equal footing. If the opportunity arises for the receiver to hit a kill or a crosscourt pass, so much the better, but this will not happen in the majority of cases.

The safest and surest way for you to get back in the game if you are the receiver is to hit a ceiling return.

A proper ceiling shot will hit the ceiling just short of the front wall seam, come off the front wall to the floor and bounce in such a high arc that the server will be forced to the back wall to recover it on its descent.

This is effective if hit into the middle of the court but even more so if hit into one of the corners.



Of course, you should not use the ceiling return exclusively. Part of good game strategy is not to become predictable. But generally, a ceiling return is a good percentage shot anytime the ball reaches you above waist height.

It's strictly home run stuff. It's a plum that you can pick out of the air and send splat against the front wall to die. Don't pass up a chance like that.

Most servers will use their power serves on the first serve. If that is short or long—usually, it will be short—they'll go with a "safer" second serve like a Z-serve or other high arching serve that lands in a back corner.

The other thing to remember in returning a serve is to get off to a fast start. Don't wait for the ball to enter the backcourt before moving.

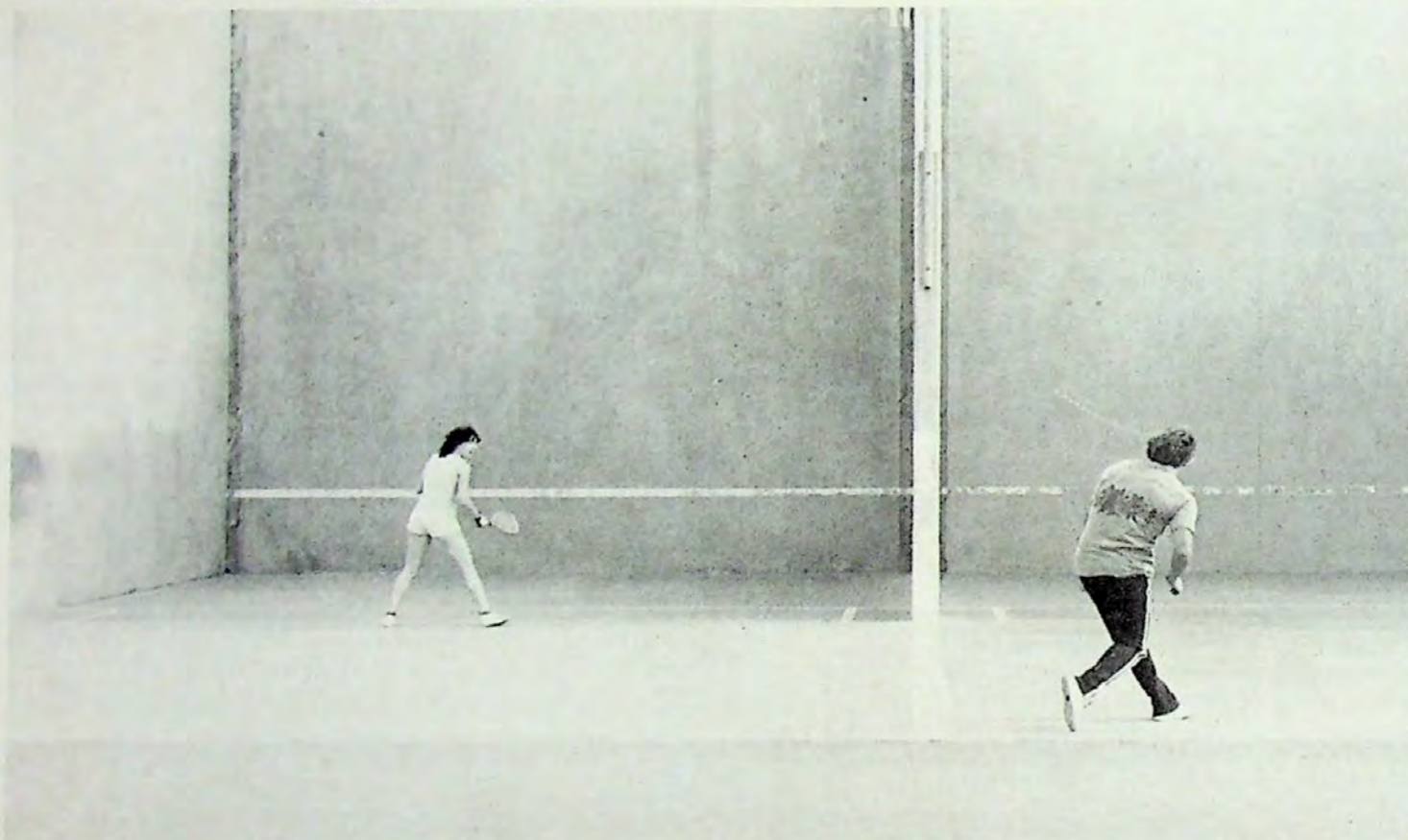
As it is served, note its speed and direction and where it will hit the front wall. Adjust your movements accordingly and have your racket up in a ready position.

It is, however, a necessary skill to develop. Not much time elapses from when the ball leaves the server's racquet until it reaches you and you'll need every fraction of a second to get the best return.

At the very least, you will become more aware of your opponent's individual strengths and weaknesses and characteristic body movements.

The shot with the best percentage of success on a service return is the ceiling ball.

Playing it OUTDOORS



By Lynn Adams

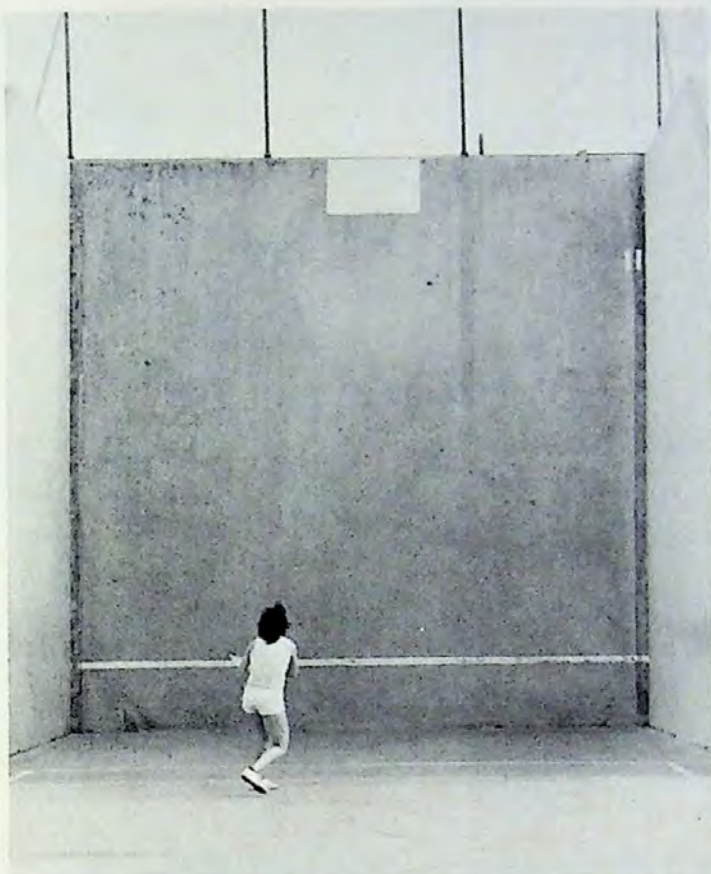
There are many distinct differences between indoor and outdoor racquetball, the weather being the most obvious. To some people there is nothing better than playing a game of racquetball on a nice sunny day with a cold beer by your side. Then again, there is nothing more uncomfortable than when rain interrupts or postpones a good outdoor game.

The main difference in the game itself is the court. In outdoor racquetball, there is a front wall and two side walls, which can extend anywhere from one foot to 25 feet. There is no ceiling and no backwall. The court itself can be anywhere from 30 to 40 feet in length, so you can see that shot selections will alter a bit from the indoor game everybody is used to.

In the indoor game, the emphasis is on setting up for the ball, letting it drop as low as possible, and then returning it to the front wall, also as low as possible. In outdoor, it is rare when you are able to set up and let the ball drop below your knee. Normally, in outdoor play, if you were to have a "set up" shot, you would probably be about 60 feet from the front



According to Lynn Adams, the best strategy in outdoor play is to keep the opponent "out the door." That is in the next court or deep in your own backcourt.



wall. That's not a high percentage shot to take.

So, in outdoor play, the ball is hit primarily at the waist and higher. You are hitting the ball on the run often because you can't flip the ball to the ceiling to get out of a jam.

A shot that gets you out of a tough spot is the lob. Whereas the ceiling ball is a basic defensive shot, the outdoor lob is a good offensive weapon as well as a defensive shot. It can be used to get your opponent out of center court and, in fact, out of the court altogether.

Another good outdoor shot is what is called an "out the door" drive. It is basically a wide angle passing shot, which because there is no wall to rebound off of, it goes bouncing out of the court with your opponent running in desperation after it.

Because there is no back wall in outdoor play, the ball must be cut off before it gets by you, which results in a lot of fly killing shots as the waist, shoulders and even above the head.

As a result of cutting off the ball, the movement in the outdoor game is usually side to side, compared to the up and back movements played indoors. The side to side running strategy carries outside the boundaries of the court and even onto an adjacent court. It boils down to a lot of running and a lot of potential hazards.

Hazards include being hit by another body who has just run onto your court, or getting hit by the ball from another court.

The biggest differences between indoor and

The high lob (left) and the high Z shot are two of the best bets for offensive strategy in outdoor play.

outdoor serving is the area in which the ball is hit. The most popular serve indoors is the low drive. It's rare when a low drive is hit in outdoor racquetball. The most effective serves outdoors are the overhead and side arm serves, utilizing drives or Z shots. Z serves are very effective outdoors because the ball travels past the side walls, or as we call it "out the door."

With drive serves, whether hitting them low, sidearm or overhead, the ball should travel hard at about chest high.

The basic strategy outdoors is to try and get the ball to travel outside the lines. A few years back when there were true outdoor players, the only pro who could consistently win was Charlie Brumfield. None of the others could handle his high lobbs, chest-high shots and his other shots which would travel out the door into the next court.

I hope I don't scare anybody off. The outdoor game is a great one to play. I trace my racquetball roots back to it.

There are a few advantages of taking an outdoor game indoors. You find you will have a much broader hitting range and shot selection. Besides hitting low, you will learn the options of cutting the balls off with fly kills and you will learn to do things effectively in the situations when you are off balance. You will also learn a strong overhead shot, which is similar to a ten-

nis serve or smash. A good change of pace shot in an indoor game.

If you take these extra shots you have learned outdoors, you will be one step ahead of your opponent when you go indoors because you will have a well rounded game.



Adams shows the best outdoor serve is off a high bounce, which is different than the low drive usually used in the indoor game.

FOREHAND MECHANICS

By Davey Bledsoe

To execute the proper stroke, most notably the forehand since that is what is used most in a game, there are several different parts of the body that come into use.

After spending most of a summer teaching beginners and intermediates, I got an idea as to what was being done right and what was being done wrong. When you see 100 different people from 100 areas of the country all using the same bad habits, you begin to wonder just how people are being taught racquetball these days.

I'm sure the problem is not entirely the fault of club teaching pros. For the most part, they are teaching correctly. But beginners, without realizing it, develop bad habits, and evidently nobody is trying to break them of these habits.

Take the forehand, for example. The forehand is not the sum of the arm and wrist and a big giant step into the ball. You need coordination with the hips, shoulders and feet as well.

First off, on the forehand stroke, do not point your front foot toward the side wall. You have already learned in several instruction articles that the ball is hit off the front foot (the heel of the front foot) on a proper stroke, and when doing this you should be facing the side wall. True. But check your front foot. It should not be directly facing the front or side walls. It should be at angle to the right corner.

If your toe is pointed toward the side, you automatically restrict the rest of your body movement. You restrict the needed hip rotation and you put extra, unnecessary pressure on the knee, which could cause an injury.

Your hips should be parallel to the front wall on the follow through. You need to maximize hip and shoulder rotation when you have time

to set up for a shot. This gives you the most power out of your shot.

A beginner or intermediate player has a tendency to use an open stance. That is, a stance where the body is facing toward the front wall. The beginner sometimes fails to get his front foot out, thereby hitting the ball with the weight, hips and shoulders leaning backward. This may become necessary for fast-action playing at center court but in most instances it is not the way to gain maximum power for your stroke.

As you make contact with the ball, your weight is transferred from the back to the front. You get up on the ball of your front foot as you do this, which allows the heel to raise slightly off the ground. This is important. Your heel should kick in toward the side wall, much like putting out a cigarette. This allows you to maximize your hip movement.

A lot of intermediate players lift their back foot completely off the ground to get more of a follow through. This is wrong. It is my theory that if you can keep your feet pretty much on the ground you gain more control of what you are doing. By lifting your entire foot up, you are throwing yourself off-balance. The longer your feet are on the floor, the better setup you have for a proper stroke.

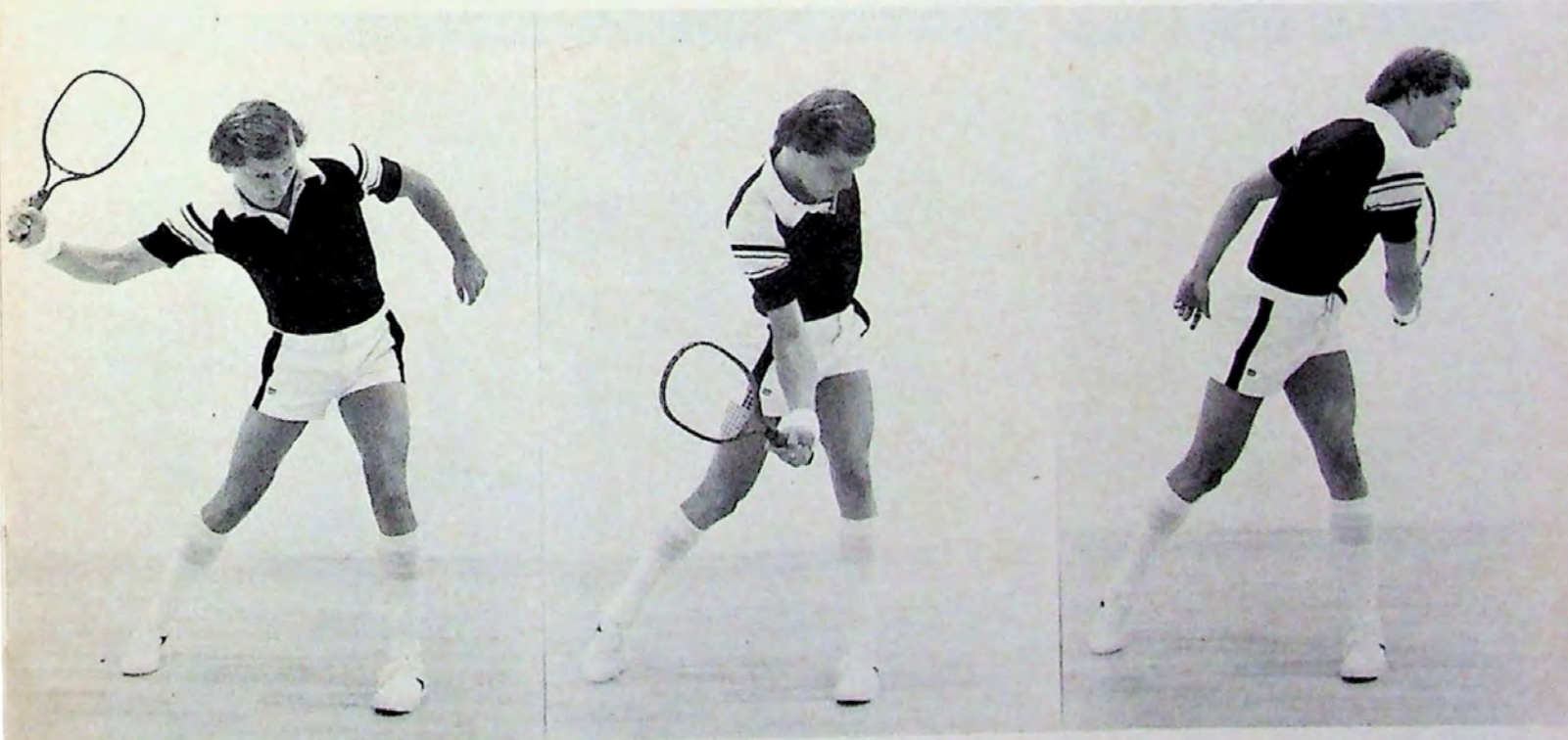
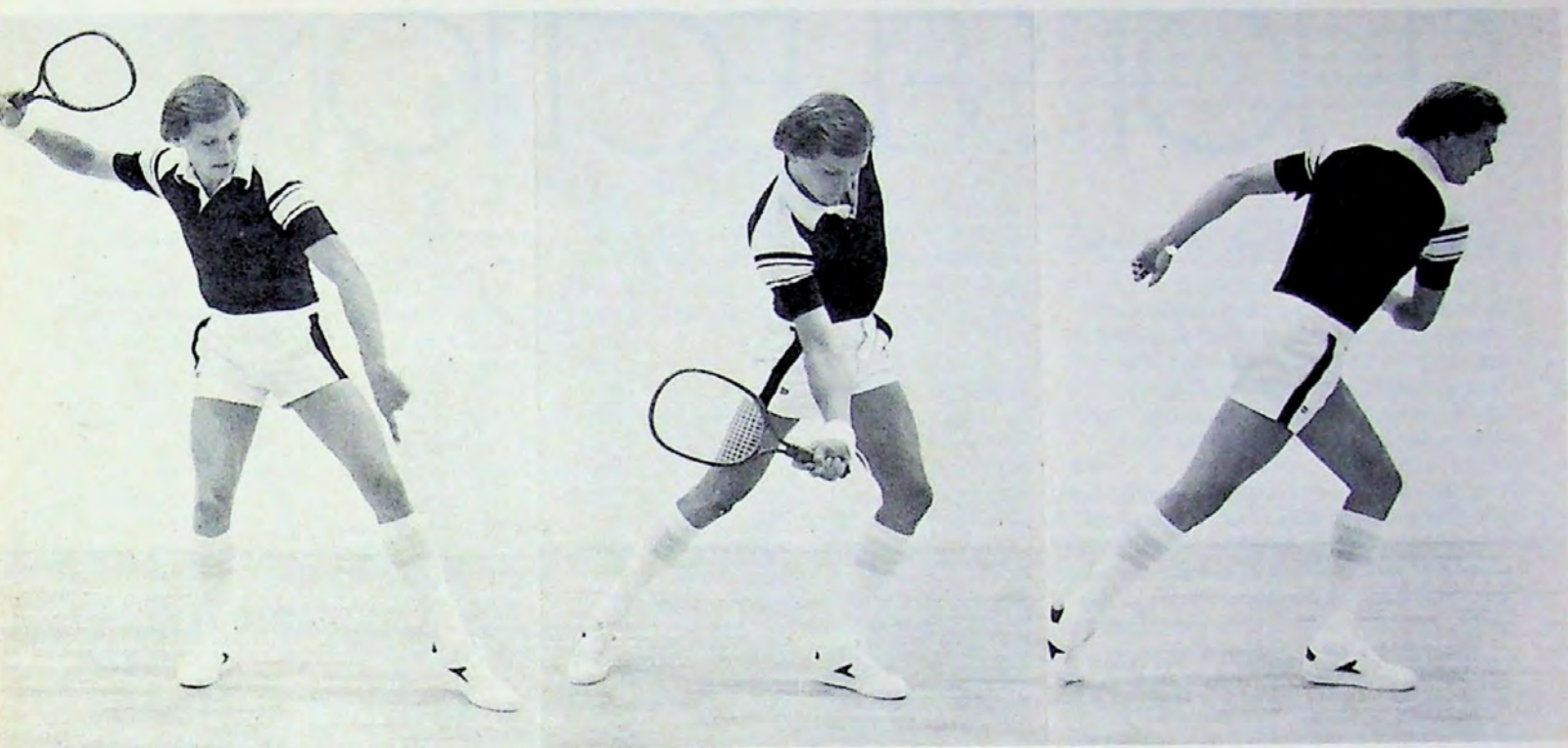
I realize that some of these things I have mentioned sound trivial or mechanical but once it is done correctly, and you get maximum success out of it, it won't seem mechanical. The proper forehand stroke is a chain of events. There is a cause to every effect. These things are not meant to be trivial. They are important if you want to hit the ball correctly. And why take the effort to learn a game if you are not going to learn to play it the correct way.

The Correct Way:

The lead toe should point toward the corner and the knee should be bent, allowing maximum movement at the point of contact and in the follow through. Hips should be parallel to the front wall on the follow through.

The Wrong Way:

Davey Bledsoe demonstrates what some intermediates have a tendency to do. The lead foot is pointed to the side, not the corner and the knee does not bend, which minimizes the amount of body torque, and could possibly cause injury.



SHOT SELECTION

By Jennifer Harding and Jean Sauser

EDITORS NOTE—This is the last of a four part series by Ektelon touring pros Jennifer Harding and Jean Sauser, owners of the Milwaukie, Ore. Racquetball Club. The instructional is excerpted from their nationwide clinic series "Racquetball Tips for Women and Other Smart Players."

Unlike some sports, there are not that many shot variations in racquetball or differences in the situations during which they are used. Shot selection is a relatively simple matter, although that simplicity is sometimes lost in a jumble of arms, legs and racquets once play begins.

This fast forward ballet is particularly confusing for beginners and, while most of our students have no trouble learning how to shoot a passing shot, for example, they sometimes have trouble learning to recognize when to hit it. Shot selection and execution, though, are the two most important elements of the "smart" game.

Good execution can only be acquired

through practice and, in some cases, coaching. There are some basic rules you can follow in selecting your shots, however, which can help bring order into the chaos of a racquetball rally.

In addition to a number of lesser ones, there are three primary considerations you should take into account when selecting your shots. These are the positions on the court of you, your opponent and the ball as well as where you are all likely to be relative to each other when you make contact with the ball.

Never take your eyes off the ball, not even when you are executing your shot or even when your opponent is shooting. Use your peripheral vision to watch your opponent and the rest of the court. Since your field of vision will cover about 80 per cent of the court most of the time, you can easily be "aware" of where your opponent is even if he or she is out of your line of sight.

Since you will always want to shoot the ball to a part of the court your opponent can't reach, it is also important to have a good idea of where he is headed. Things move so fast

during a rally, though, that this is usually just a best-guess proposition.

You can increase your chances for making the right guess by dividing the court up into three sections and choosing your shots according to your opponent's position in one of these. The first is the forecourt, comprising everything in front of the short line. Midcourt is that area to about 10 feet behind the short line and backcourt is everything behind that.

The rules of this system apply the same whether you are shooting a forehand or backhand and, to further simplify things, we can assume that, wherever the ball is, that is where you had better be, too, if you are shooting. That leaves us with just your position and that of your opponent to consider for your selection of shots.

If both you and your opponent are in the forecourt, your choice is simple. He is going to be off to one side of you so hit either a kill or passing shot on the other side. You may wish to go for a straight-in kill on the safe side secure in the knowledge that, if the ball doesn't stay down, it will still turn into a good pass. The





A pinch can be an effective shot when you are in the forecourt as Jennifer Harding is here, and her opponent is in center court or backcourt. The ball will either dribble off the front wall or head cross court away from the opponent.

only disadvantage here is that you may skip the ball, while a good down-the-line pass will usually do the trick and more safely.

However, if your opponent has moved behind you into midcourt, a pass or kill that didn't stay down might be an easy shot for him to pick up. The best shot in this situation is to pinch the ball in the front corner nearest to you. If you know which side of the court your opponent is on, pinch the ball in the front corner on the same side because, if it doesn't die, it will come out headed for the opposite side of the court. If your opponent is all the way in backcourt, a pinch will be even more effective or you can reverse the path of the ball for a front-wall-side-wall kill.

If you are in midcourt and your opponent is in forecourt, a pinch or kill is usually suicide because he is right there to retrieve them. A crosscourt or down-the-line pass is your best bet since it will send your opponent scurrying into one of the back corners trying to dig the ball out. A ceiling ball also is a safe shot, although not as effective as a pass because



When your opponent is in front of you, a pinch or a kill can be an easy shot for him or her to pick up. Jean Sauser recommends either a crosscourt pass or a down-the-line pass.

your opponent has more time to retrieve a ceiling ball. However, if you are all the way back and the ball is high, you may not want to risk a pass from that distance and, in that situation, a ceiling shot may be best.

If both you and your opponent are in midcourt and your opponent is to one side of you, the pass to the other side again becomes the recommended shot. Because your opponent is farther back, though, a pinch which comes off the front wall headed to the opposite side of the court from him could also have success. While it is possible to execute a straight-in kill in any of the situations we have so far discussed, realize that the shot can be picked up for a winner by your opponent anytime it doesn't stay down and he is midcourt or forward.

However, if you are midcourt and your opponent is behind you, you are in an ideal shooting position and either the kill or pinch will be a high percentage shot for you. The pass, on the other hand, becomes a poor choice because it will travel right into deep court where your opponent awaits.

Finally, if both of you are in backcourt, you

have a choice of a ceiling ball when the ball approaches you high or a pinch, kill or ceiling ball if it approaches you at waist level or below. The shot to the ceiling is the safest and recommended in most cases. However, there is at least one important exception to all of these shot selection rules which we have just given you.

It is a phenomenon which we call your inner visual percentage. Nearly every player has days when he hits everything he aims at regardless of the percentages and many also have a bread-and-butter shot that one is good at and can hit from anywhere on the court.

It's similar to basketball where the percentages recommend that a player should always drive for the basket or try to work inside for his shot. Don't bother laying those rules down for the outside shooter, though, because he can "see" his 25-foot jump shots going in before he shoots them and, sure enough, go in they do.

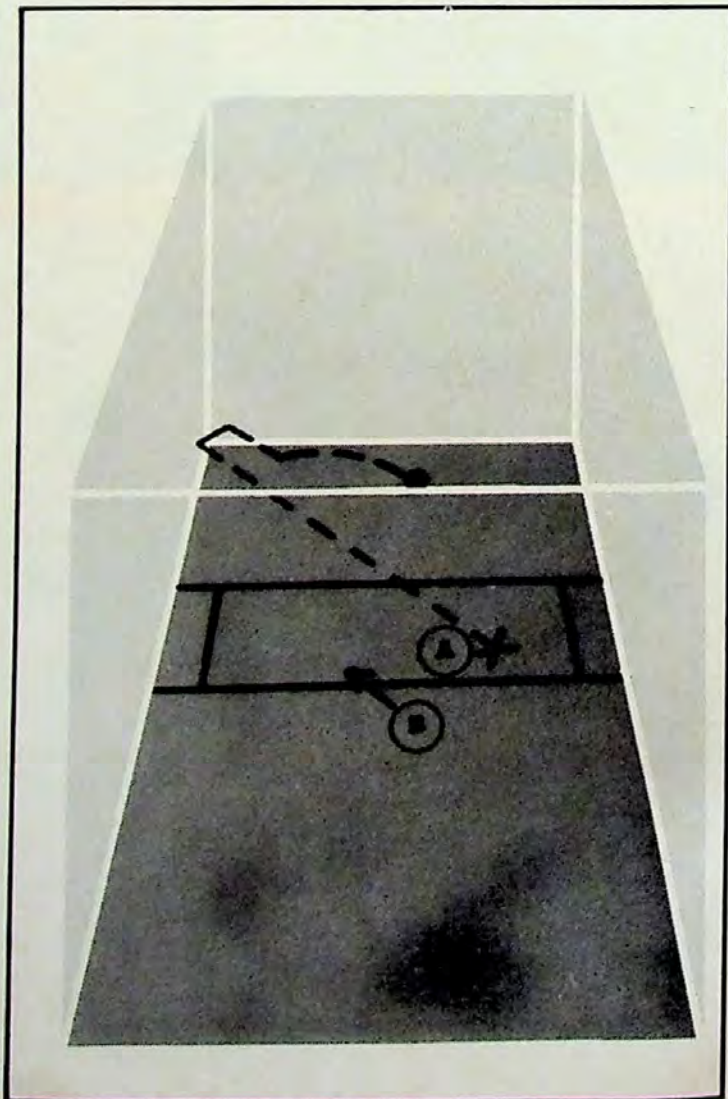
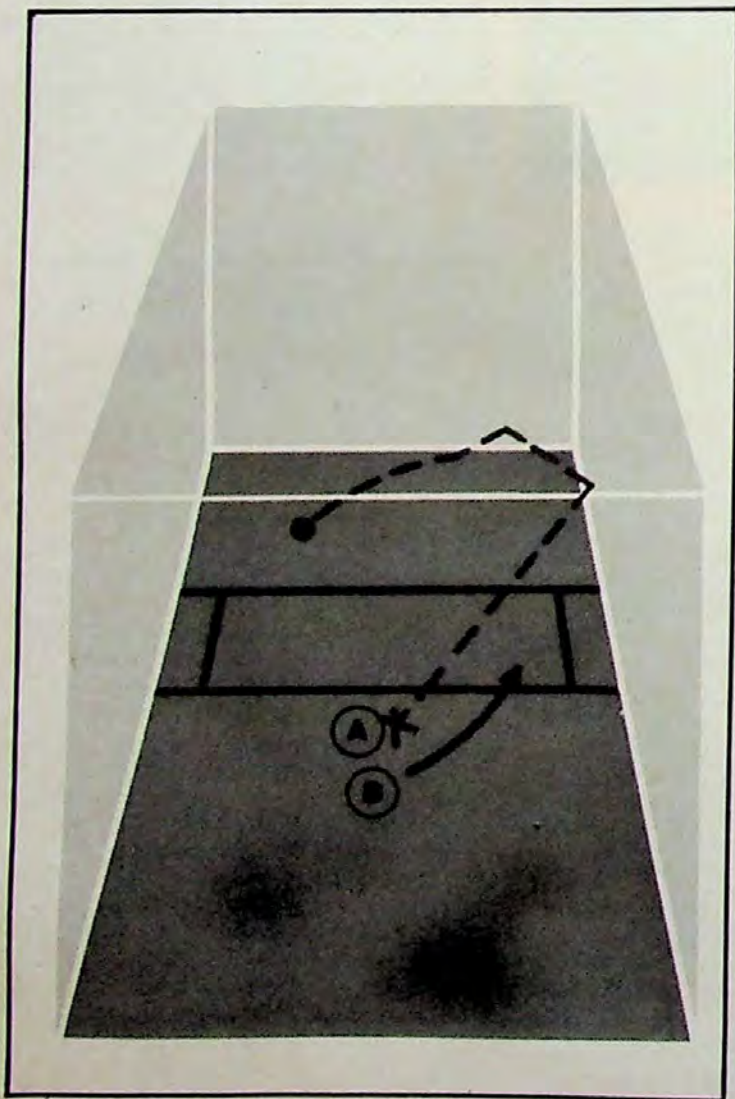
For the most part, you will have the greatest chance for success with your shots if you stick with the selection rules we have just given you.

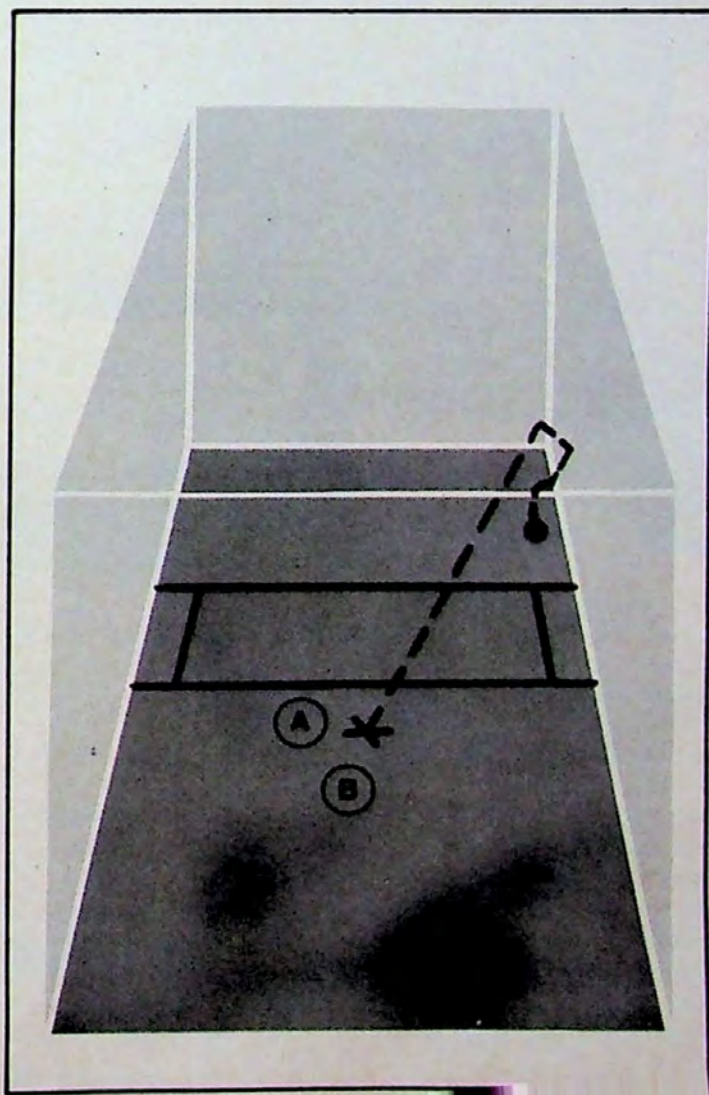
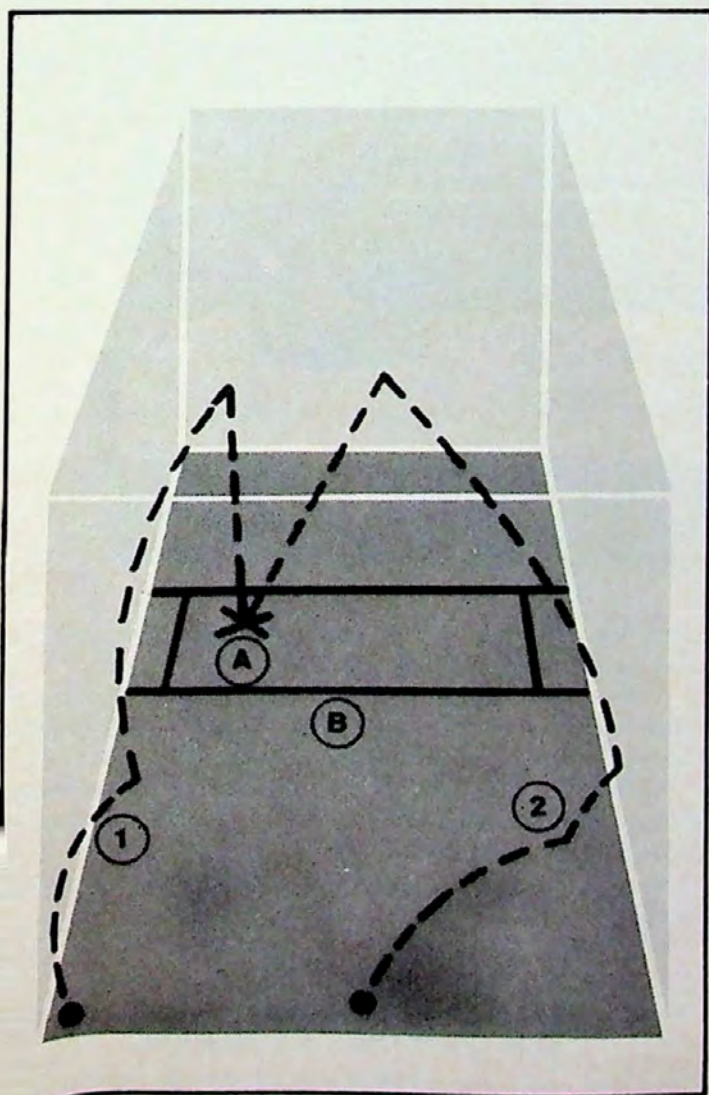
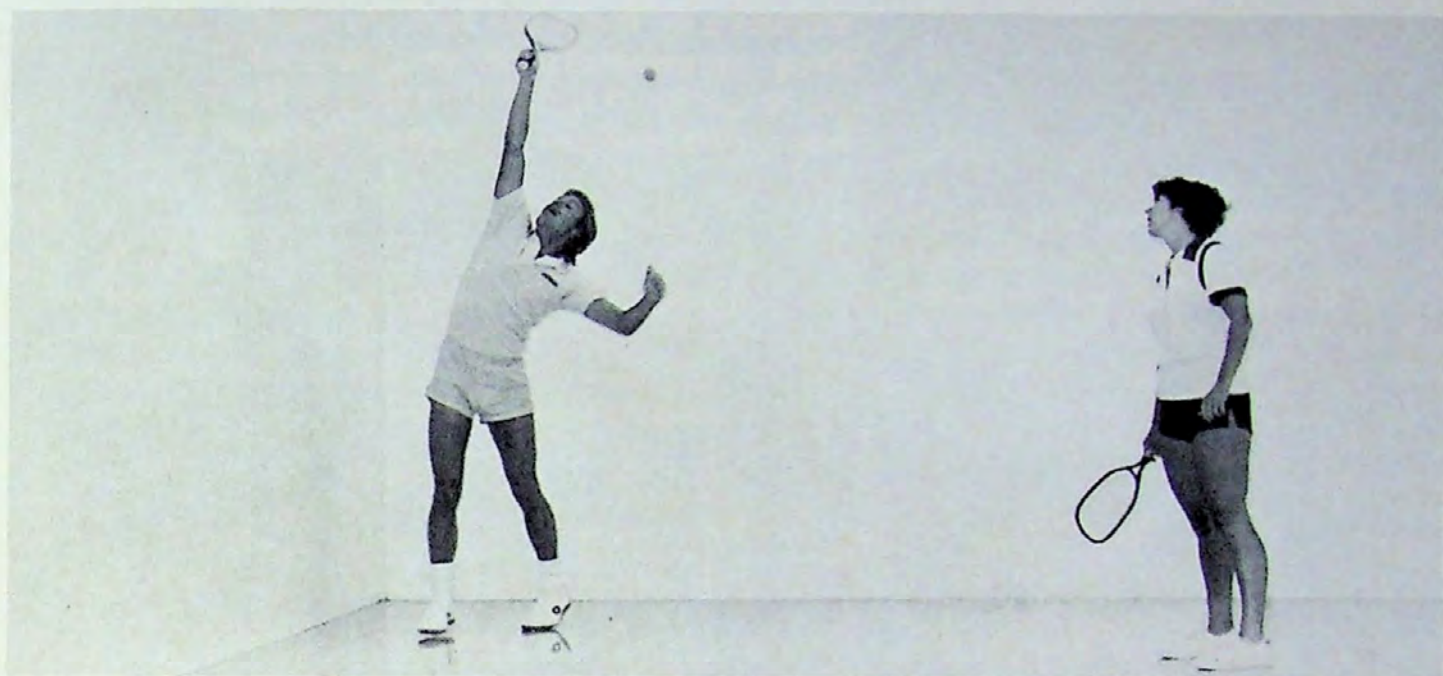
However, if you have a bread-and-butter shot, don't be afraid to go with it any time you can.

It will be easy for you to determine when it's time to go back to playing by the rules. When you aren't making those hot shots anymore, you'll know that it's time.

When both players are deep, Sauser recommends to stay with the ceiling game until you know it is time to "go for it." Passes are not recommended because the ball will go into the backcourt, which is where your opponent is standing.

Shot selection diagrams: Sidewall-front wall kill; pinch shot; passing shots—either down the line or cross court; corner kill.





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Tournament Readiness

By Victor I. Spear, M.D.

Editor's Note: This is reprinted from HOW TO WIN AT RACQUETBALL, by Victor I. Spear, M.D., Camelot Towers, Rockford, Ill., 1976.

CONDITIONING

The most dangerous potential enemy to the smart racquetball player is **fatigue**. No matter how profound your understanding of the game, you cannot take advantage of your insight if you are too tired to apply it. No amount of theorizing will compensate for the disadvantages which result from poor conditioning. You cannot hit a kill shot properly if you don't have enough energy left to turn your body, set your feet and stride into the shot. You cannot hit a good ceiling shot if you don't have the strength to lift your arm above your head. You can't run, if you can't breathe.

The best conditioning for any sport is the sport itself. Nothing can simulate the actual muscular feats you will be called upon to perform quite so exactly as the game itself. If you are able, and willing, to play a strenuous game

of racquetball for five or six hours every day against strong competition, don't bother to read the rest of this section. Inasmuch as most of us are unable, or choose not, to play that much, extra-curricular conditioning becomes mandatory.

Racquetball is a game of **hit and run**. I like to think of it as a threefold challenge to the arm, legs and lungs, and will approach the problem from those three aspects.

ARM TRAINING

A long match with a good defensive player who can execute ceiling shots well can sometimes wear you out to such an extent that you can't beat him even though you are the better player. He merely outlasts you. This can be prevented by a relatively simple program of exercises.

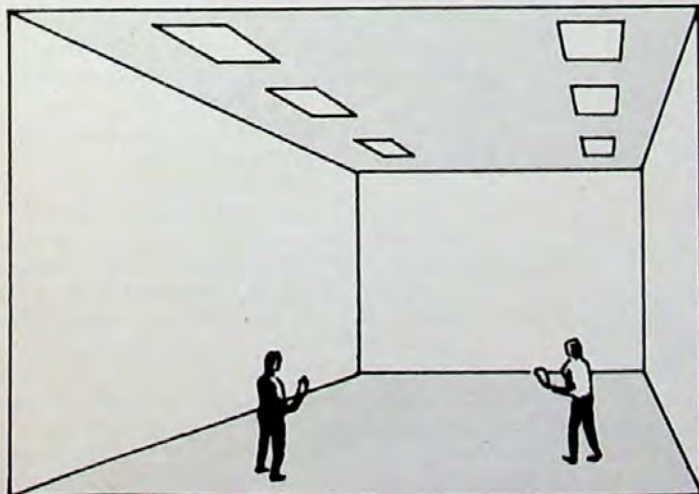
The shots of racquetball can be reduced to three basic motions: forehand, backhand and overhead. These motions can be almost ex-

actly simulated and greatly strengthened by working with a weighted, hand pulley system such as you might find on the "universal gym" type apparatus, available at most Y.M.C.A.'s and health clubs. With the grip handle attached to the floor level pulley, the following three exercises are pertinent and right to the point.

1. Lie flat on your back, reaching with arm extended straight back to grasp the handle. Now pull forward until your arm is fully extended to your hip, and then back again (simulating an overhead stroke, against resistance.)

2. Stand sideways with your shooting arm next to the equipment, grasping the handle loosely at your side. Now pull the handle, with arm extended, all the way across your body in front of you, until you have reached shoulder height, and then back again (simulating a forehand stroke, against resistance.)

3. Turn 180° and stand sideways facing the opposite direction, loosely grasping the handle across your body in front of you near the opposite hip. Now pull the handle across your body and upward until your arm is fully ex-



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tended, straight out sideways from your body, and back again (simulating a backhand stroke, against resistance).

These exercises should be performed in a series of systematic increasing repetitions, and against a gradually increasing weight resistance. Don't push yourself too hard, at first, or you might end up with pulled muscles and strained tendons and ligaments.

The above series is directed primarily to strengthening the arm and shoulder, but it doesn't do much for the wrist. Supplement with a series of light weight wrist curls with a

small bar bell for a stronger wrist action on your shots.

RUNNING

The debate over the relative value of sprints vs. long distance running will go on indefinitely. After having analyzed the issues both from the athletic and physiological points of view, I have come to a firm conclusion: Both sides are right, but neither to the exclusion of the other.

There is no denying the value of long distance running for the purpose of increasing endurance on the racquetball court. Both the

collateral circulation of the vascular (heart and blood vessels) system, and the vital capacity of the pulmonary (lungs) system can be greatly enhanced by long distance running. In addition, the strengthening of the legs which must also occur, takes some of the burden off of the heart and lungs by virtue of greater efficiency. But long distance running does not simulate the game of racquetball, which is a game of starts and stops, sudden bursts of speed, followed by short rest periods, etc. Preparation for racquetball, therefore, requires that long distance running be supplemented by sessions devoted to highly irregular "slow jog-quick sprint-slow jog-quick sprint" type of workouts.

The best way to train for the racquetball season is to alternate each of the above on a regular daily basis. The exact distances and speeds must be tailored to fit the individual's capacity and previous training habits. Every program should be designed to increase the demands slowly and systematically according to the player's tolerance.

I would also recommend doing some running immediately before or after (or both) playing practice matches. This will help you to build your endurance level even higher. You must push yourself at least a little bit beyond the level of tolerable fatigue if you are going to get anywhere. I'm reminded of the story about the runner who met his friend on the running track and asked him how far he planned to run. "Half a mile," was the reply. Observing that he was still running after thirty minutes, he approached him a second time. "I thought you said you came to run a half a mile?" The answer is a classic: "I did! I've already run four miles to warm up, but it's the **next** half mile that I really came to run!"

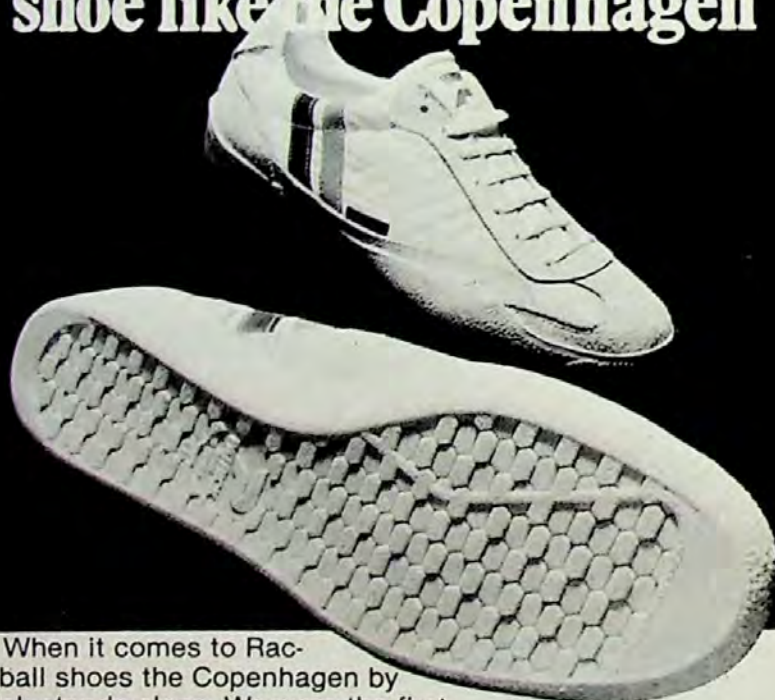
The message is clear. Unless you push yourself slightly beyond your previous endurance level, you never make any progress. You will be amazed how much further you can eventually run if you do it on a steady, planned, gradually increasing basis. I remember well the feeling of pride after having run two miles for the first time, never imagining that I would be able to raise that distance to seven miles within a year.

Two small things you can do during your practice matches might also help:

1. Never call timeouts when you get tired.
2. Dig for everything, including kill shots you know you can't reach.

Regarding the question of the best method of reaching your peak at tournament time, you will hear two opposing points of view. Some players feel that it is best to train vigorously right through the last day. Others advocate going easy the last couple of days. It isn't possible to generalize this issue. Each player is a unique physiologic entity, with differing energy levels and endurance patterns. Don't allow yourself to be talked into someone else's system. It never hurts to experiment once in a

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while on a trial basis, but if it doesn't feel right to you, go back to the system that makes you feel best.

THE WARM-UP

You will rarely see a professional athlete go out and start playing without a good warmup. This is even more essential in racquetball than it is in most other sports because of the physical demands made on the player. Never walk on the court without having gone through some exercise routine consisting primarily of stretch exercises and easy jogging. It need not take up more than ten or fifteen minutes, but it will go a long way toward prevention of muscle aches the next day. Needless to say, you will also play better.

Regardless of which combination of exercises you choose, certain general principles should be adhered to:

a. Start slowly

b. Gradually increase both the speed and the intensity of the exercises.

c. Try to include as many different muscle groups and joints as possible during the full course of your routine.

d. Combine muscle stretching with increased activity of the heart and lungs.

If you don't have your own set combination of warmup exercises, try the following twelve-minute routine on for size.

1. Slow jog—one minute

2. Arm circles—one minute

Rotation of the outstretched arms alternately, through a full 360 degree rotation of the shoulder joint, first in a vertical plane, both forward and back, then in a horizontal plane, both forward and back. This is best done while walking.

3. Calf and hamstring stretcher—one minute

Stand with one foot crossed over the other, with both feet flat on the floor. Slowly reach down to touch your toes without bending your knees. Repeat several times, and then cross over with the other foot and do the same.

4. Alternate toe touch from the standing position with gradually widening stance—one minute

5. Half-squats—one minute

Starting with the upright position, slowly lower your body by bending your knees to the half-squat position with arms extended forward.

Hold for three seconds, and repeat several times.

6. Jumping jacks—one minute

7. Medium jog—one minute

8. Knee-chest back stretchers—one minute

Lying flat, hug both knees to your chest, and hold for three seconds. Extend, and repeat several times. (Most orthopedic surgeons caution against doing this exercise one knee at a time.)

9. Single leg raises—one minute

Lie on your back with hands folded under your head. Raise one leg up to the vertical position, and then back to the floor. Repeat several times, and then do the same with the other leg.

10. Hurdler's stretch—one minute

From a sitting position extend one leg backward at a 45 degree angle, bent at the knee. Then touch the forward foot with the same hand several times. Repeat with the legs reversed.

11. Fast jog—2 minutes

If you have found the descriptions of any of these exercises difficult to comprehend, I would suggest *The Official Y.M.C.A. Physical Fitness Handbook* as a good source.

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Mike Yellen: A STEP FROM SUCCESS

By Len Ziehm

Will the real Mike Yellen please stand up?

In June, before the National Racquetball Club's national championships began, Marty Hogan admitted that Yellen, a 19-year old from the Detroit area, was the biggest single threat to his title defense. Yellen proved Hogan correct, making it to the finals before losing 21-10, 21-14, to Hogan. "He caught me on a near-perfect day," admitted Hogan immediately afterward. "From watching Mike's matches earlier in the week, I noticed that none of his opponents put pressure on him by shooting the ball. Everyone tried to rally with him, and he's the best rallier in the game. I wasn't going to get myself into playing his game or it would have been much closer than it was."

Three months later the NRC opened its 1979-80 season with the Kendler Classic in suburban Chicago and Yellen, ranked third behind Hogan and Jerry Hilecher on the NRC men's pro list, was a first round loser to a relative unknown named Larry Meyers, who was not even ranked in the top 20.

Moments after his loss Yellen broke a long-standing appointment for a magazine interview and grabbed a flight to Denver to visit his girlfriend. "That," said one frequent reporter of pro racquetball events, "does not sound like Mike Yellen. Mike is usually very cooperative."

"Perhaps," offered Chuck Leve, former national director of the NRC, "Mike wasn't feeling well but was too big to admit it."

A couple of weeks later Yellen was back in the Chicago suburbs and lounging in his Holi-

day Inn motel room for a late night interview that replaced the one that had been abruptly canceled earlier. Just what had happened to him on his earlier visit to Chicago was still a mystery, even to him.

"It's not that Meyers played that well," said Yellen. "It's just that I didn't play well. I had been working out hard before the tournament, too. I just couldn't hit my shots. Fortunately that doesn't happen very often."

The defeat marked only the second first round loss in a pro tournament for Yellen, and that's saying something since he joined the NRC circuit when he was only 16 years old.

Yellen's image on the tour took a setback with that loss, however. Hogan, who had spoken so respectfully of Yellen prior to the nationals, now tempered his appraisal. "I was sorry to see Mike lose," said Hogan. "There are a few players on the tour who can give me trouble when they're on, and he's one of them. But they have to be on their games to do it." Yellen was just another good player, not the "next Marty Hogan."

That loss aside, Yellen has given indications of still being the man to dethrone Hogan. In the 1978-79 season, he took Hogan to a tiebreaker three times. But even though he hasn't been able to solve Hogan, Yellen's own career has made steady progress.

In 1978 he won the Perrier Open and Montreal Pro-Am and reached the semifinals of the NRC National Championships before losing to Charlie Brumfield in an 11-10 tiebreaker. Those efforts earned him the tour's rookie-of-the-year award. In 1979 he won the El Paso Pro-Am and made the finals of the NRC Na-

Photos by David M. King and Drew Stoddard



SUCCESS



tionals. And this past October he won the Boise-Cascade Pro-Am in Idaho, an event seen nationwide on PBS.

That's coming a long way from being a loser in the finals of the 1977 United States Racquetball Association's national junior tourney.

"He lost in that one to Larry Meyers," recalled Leve, "and it was just because Mike screwed around. He was a better player. He had always been a control player, but now he's learned to kill the ball, too. He has a nearly miraculous ability to remain immune to pressure and the psych which, historically, has been a key to racquetball."

Yellen confirms Leve's assessment on his immunity to the psych, but adds "It's, in a sense, not due to me. It goes back to the fact that I played my first tournament when I was just 16. In order to do it I had to go to Florida on my own. There were no members of my family there. I had to check into a room on my own. That was a pretty big move, especially considering that I had never gone on many trips even with my family before that."

While Yellen credits that trip, and the success he achieved on it, for setting up his pro racquetball career, the Mike Yellen story actually starts long before that. He is one of those lucky people who got into something good in its early stages and grew with it.

Yellen was only 13 years old when he landed a parttime job at the Southfield Athletic Club, an all-male private facility a mile from his family's home in suburban Detroit. At first he did the basic, maintenance jobs there. Now he uses the place more as an office than anything else. His brothers, Sheldon, 21, and Jeffrey, 18, carry a regular work load at the club to supplement the income brought in by their father, who is in the tile business.

"I was able to play racquetball almost whenever I wanted," said Yellen. "The first summer I started playing I was on the courts 8-10 hours a day. I wanted to see how far I could go."

The pro at the Southfield Athletic Club then, and now, is Tom Brownlee. Yellen beat him 15 months after taking up the game. Then a squash instructor, Leonard Karpelas, who's nearing 70 now, started working with Yellen.

"He decided when I was ready for big tournaments," said Yellen. "I learned from him that I'm the only one I really need. When you go away to a tournament you don't need to know anyone in the audience. And it doesn't matter whether you're playing Marty or someone

else. It's how you play and hit your shots that counts."

Karpelas asked one of the club members, Ralph Levin, to help Yellen's career along. Levin picked up the tab when Yellen went to Florida for his first test against the pros. Until that time he'd won just the Michigan state title and four or five other local tournaments.

In his pro debut, Yellen beat veteran Bill Schmidtke in a first round match and eventually lost to Mike Zeitman in the round of 16. He earned \$100, but Levin didn't want a piece of the winnings. He considered that a bonus for Yellen and also continued to provide sponsorship help.

The next season, at the age of 17, Yellen became a frequent tour competitor even though he was still attending Southfield High School. High school sports were forgotten. "I was a starter in football and basketball," said Yellen. "In football I had to report late because I had a tournament, and there was another tournament during basketball. The coach said if I wanted to play racquetball I should quit basketball. I was good, but not that good. I couldn't go that far in those sports."

In his first season on tour Yellen signed with Ektelon, the California-based racquet manufacturer. The company helped him attend Oakland Community College in Michigan last year and he hopes to continue his studies on a limited basis while pursuing his racquetball career.

With Ektelon he does mainly promotional work. He's been used as a model in instructional films and conducts clinics. He estimates he spends 15 days of every month on the road.

Like most every pro athletes who have "arrived," he has a product named in his honor. In fact, Yellen has two of them—the Mike Yellen Flex racquet, made by Ektelon, and a shoe made in Italy and marketed by Lotto, a company in Texas.

"I had some nice input in the racquet," said Yellen. "Mine was an existing racquet, and the one I used since I started playing. But I wanted a smaller grip, a lighter racquet and different stringing. If you looked at the racquet you couldn't tell the difference, but there is one. With the shoe I didn't have that much input. They weren't going to change much, just the color and cosmetics. I liked a lighter material. I would have liked to have more input."

Hogan talks freely about the big money he's making. He says he charges no less than



"It doesn't matter whether you're playing Hogan or anyone else. It's how you play and hit your shots that counts."

SUCCESS

\$2,500 for clinic appearances and stands to earn about \$250,000 before 1979 is over. Yellen, of course, won't earn nearly that much. "I avoid telling the number of dollars I'll make mainly because I just don't know," said Yellen. Dr. Fred Lewerenz, another Southfield AC member, serves as Yellen's agent, and they've just negotiated a new three-year contract with

Ektelon. He also has income from Lotto, the Southfield AC and tournaments, the latter of which amounted to \$9,800 on the NRC tour in the 1978-79 season. For a 19-year old he's doing more than all right.

A victory over Hogan would do wonders for Yellen's income, and that doesn't seem out of the question since Yellen has come so close.

Last season, in fact, he had Hogan down 8-0 in a tiebreaker and lost, 11-9.

"I've beaten about every other player," said Yellen. "Marty's a dynamite player. He's obviously the best around right now. He does so many things. He's got a well-thought game plan. He's in good shape. He hits harder than most players. He's more accurate than most players. He's quicker and stronger than most players. To beat him you've got to be hot and play your best. In the Nationals last year I played well and couldn't show it. A lot had to do with how Marty played. He was close to perfect. I could hardly get to his serve. I was lucky to score the points that I did."

Hogan, obviously, presents a great challenge. Training for that challenge is strenuous. Yellen doesn't drink alcoholic beverages ("My family never kept it in the house. I was never exposed to it"), he doesn't smoke and he eats only one main meal a day. Some say weight may be Yellen's biggest problem.

"I eat everything," he said. "I'm very lazy about getting up, too. I don't get up until I have to. That can be as late as nine or 10 o'clock sometimes, because I work out late frequently."

He works out three hours a day, and that frequently doesn't include racquetball. "Too much of anything, and I get tired of it," said Yellen. "I play a lot of squash and basketball and jump a lot of rope. I probably play racquetball four or five days a week, but I don't have to play it to stay in shape."

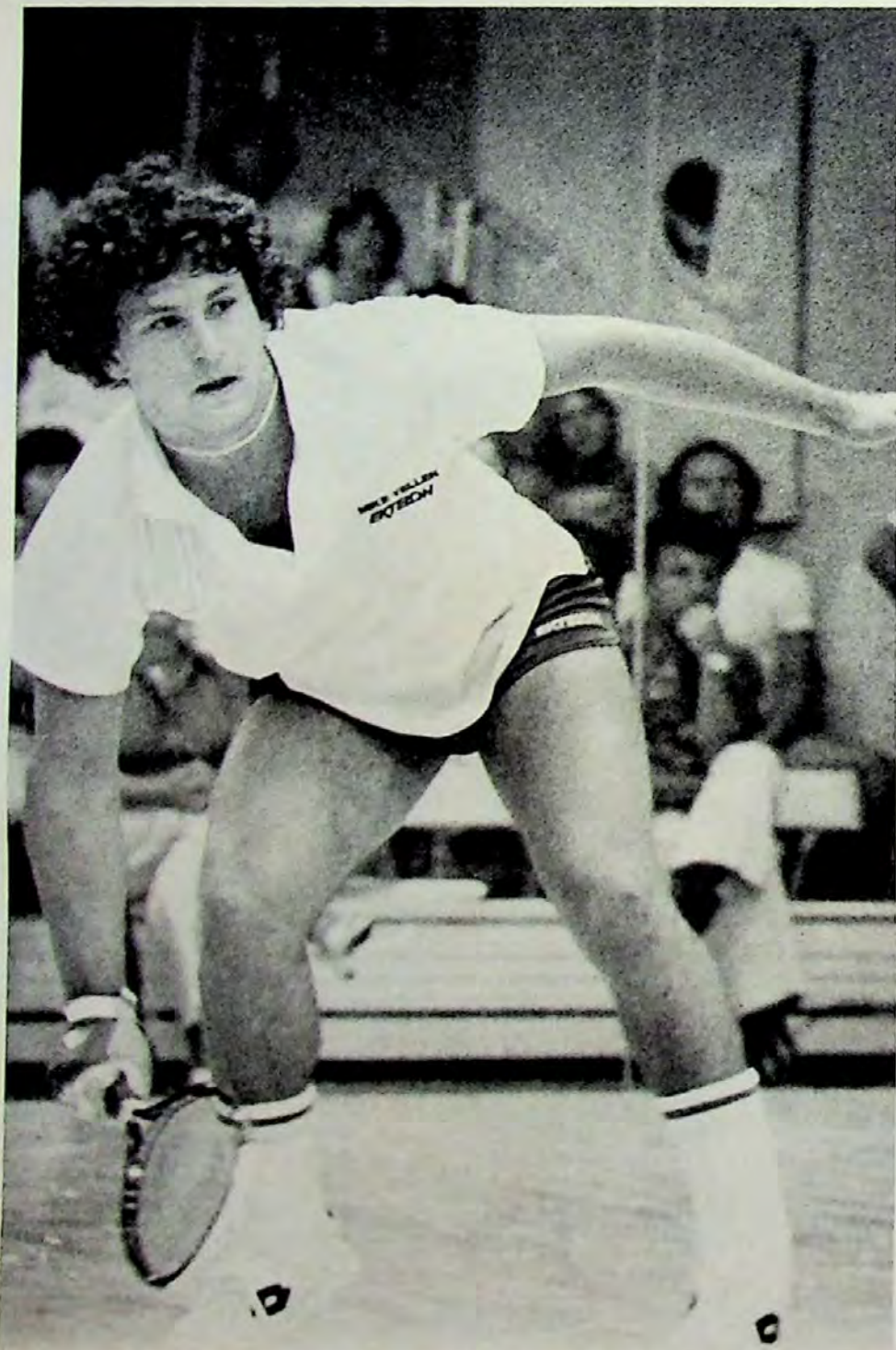
That clean-living lifestyle led to the question of how Yellen, a member of the National Association of Racquetball Professionals board of directors, could support the group's rumored link with a cigarette manufacturer for the sponsorship of a coming pro tour. "It's not that we're supporting the cigarette company," said Yellen. "It's that they'll be supporting us. Other sporting events have beer companies as sponsors, but I would rather ours was not with a company connected with alcohol or smoking. I know it's not going to make me smoke."

The NARP has, Yellen said, signed a contract with Playboy which will call for each tournament to cost a sponsor \$162,500. Of that amount, \$50,000 will be for prize money and \$50,000 for promotion. "There will be more money spent in one tournament than the NRC does in all of theirs," said Yellen. "If the tour with Playboy goes through, the sport will get great exposure."

Yellen, though, does not count himself among the anti-NRC faction among the tour players.

"A lot of players look down at the NRC, but I'm not like that," he said. "Without the NRC there would be no pro tour now. The political stuff that's gone on is going to happen, but we owe the NRC a lot. I think the NRC is doing a super job. Without it we wouldn't be where we are today. However, with Playboy we're talking more money for everyone."

R



Not even 20 yet, Mike Yellen amazed the racquetball world by making it to the finals of the 1979 Nationals in Tempe, Ariz., where he lost to Marty Hogan.

The Love Of Competition:

ELKE SOMMER & JOE HYAMS



By Bob Schultz

Somehow it's difficult to think of Elke Sommer and Joe Hyams as late comers to racquetball. They both play incredibly well for persons who have been on the court for only about six months. Perhaps it's a natural set of reflexes and an ability to learn quickly. Maybe, part of it is their on-going love affair with tennis. Or, it could be their six mile running routine which they follow religiously every day. Whatever the reason, they don't look like the novice players they really are.

Because of their interest in tennis, one of the first things that comes up is the old business about racquetball ruining one's tennis game. It's an issue that will probably never be completely settled to everyone's satisfaction.

"We started playing racquetball," says Joe "because so many of our friends are into it. We have a tennis court at home and had put off playing racquetball for some time because we had been told that racquetball strokes are so different that it would spoil our tennis game."

"Then we started playing racquetball and we found it requires much faster reflexes than tennis. It's a much faster game and you get a much better and faster workout than you do in tennis."

After 15 years of marriage, Elke and Joe are a great team off the courts as well as on. For example, if Joe pauses in the middle of a paragraph, Elke picks up the thought and carries it to the conclusion. "So, we decided," she says, "that if we only had a limited time to work out and play together during the day, racquetball was the ideal sport because it gives that maximum workout in the shortest time. Joe likes a strong workout because he feels that the cardio-vascular system needs the daily workout. He thinks any sport is useless unless it gets his pulse going. Racquetball gets it going pretty good."

Elke's accent has a trace of German mixed with a slight touch of British. This is quite logical because most persons who learn English on the continent learn British English rather than American English. But, the years in this country have made an imprint into her speech

patterns and occasionally she throws in some American colloquialism which sounds a bit out of place until one remembers that she has collected her knowledge of our language from the people here who speak it.

"We take our sports very seriously," Joe says "We started tennis about eight years ago," says Elke. "At that time we didn't have a court. We had passed up buying several houses that had tennis courts." She then laterals the sentence to Joe. "Then we became involved in tennis and had to build one. It's a game we can do together. If a man and wife are both pretty evenly matched, and we are, then it's a good workout for both parties. We play tennis about four times a week and racquetball hasn't hurt our tennis a bit."

One might believe that all "naturally talented" athletes such as Joe and Elke have been at sports all their lives. Not true.

"When I was growing up in Germany my father was a minister," says Elke. "This was immediately after World War II and we lived on \$30 a month. That was not much money even then. It was about as little then as it is now.

ELKE & JOE

There was a tennis club in the little town of Erlangen where we lived. I used to walk by there and see the boys and girls in their white blouses and their beautiful shorts and shoes and their expensive racquets. It was something I couldn't afford. I used to look in and say to myself 'I'll never play that game... that's just a snob sport.' The reason I believed that I'd never play was because I thought I'd never have the money for the racquet or the wardrobe. I wore hand-me-downs until I was fifteen-years-old. I even had to wear boy's clothes part of the time. Most of the clothes we had came from my father's parishioners in his church. We were all so poor that we had to take care of each other."

This is a side of living in post-war Germany which seems to get overlooked in most of today's documentaries. It seems incredible when one now looks at the very stable German mark and compares it to our own ever-sliding dollar.

"The kind of sports that are popular today like racquetball and tennis or some of the others were something I just couldn't dream of because they required special equipment and special clothing. That certainly included skiing, too. You had to own the skis, the boots, the poles, and the clothing. I didn't have clothes for school, let alone a wardrobe for sports," says Elke.

"So, I came on sports much later in life after I became successful enough to have the money for the clothing and the equipment. That's why I have started some sports so late. I started playing tennis in my early thirties. I came on racquetball late, too. It's not a big outlay for me today, but when I was a child it would have been just impossible."

There's a wail-like expression somewhere behind her eyes. Maybe that's part of the basic appeal of this woman. Perhaps, this is what appeals so strongly and subconsciously to so many male members of her audiences. Behind that very sophisticated and competent woman is the little-girl-lost, the orphan, the needy child which makes us all want to become the protective male we envision ourselves as being.

Elke, who will be soon seen in a made for television movie, *Top Of The Hill*, continues.

"I couldn't even afford a car until I had finished my first picture. It was an old, used Lancia," says Elke. "I kept it for three years. I



have always enjoyed cars and when I made a little more money I was finally able to afford a better car. Then, I began to realize what a good car can do. When Joe and I were married fifteen years ago, we went to the Nurburgring which is the most hazardous track in Germany. We enrolled and took the courses they have there for teaching race drivers. I discovered I have a good aptitude for and reflexes for racing. I was really fearless."

She also remembers running in track meets. "The only sport I could do well as a child was to run. I learned to run well because it didn't cost any money to learn. I even got a medal from the President of Germany for winning a track meet when I was fifteen years old. All I needed was what I had... a pair of old shoes... not even track shoes."

With all this interest in sports, one wonders whether or not Elke and Joe are going to the Olympics in Moscow this summer. Both answer with a quick and definite, "No."

"I've tried to get Elke to go with me to Russia several times," says Joe. "But, she has some very unpleasant memories of several trips into Berlin through the eastern zone. Every time she has made even that short trip the Russians have been very unpleasant. They are always unpleasant."

Although not as well known, Joe does not live in Elke's celebrity shadow. He is a suc-

cessful author and screenwriter. His latest book, "Zen in the Martial Arts", came out last December and is doing quite well. After practicing martial arts for 25 years he brings more than a layman's knowledge to the pages. And his research is faultless, often requiring a year or more before he even starts writing.

"I just finished another novel, 'The Last Award.' And, of course, 'The Pool' is still doing very well. They made a film out of one of my books last year called 'Bogie.' Then, there was a film from another one called 'Brubaker' with Robert Redford. The book was an exposé of a prison in Arkansas, written with the Superintendent, Thomas Murton. The book was called 'Accomplices in the Crime.' So, I've had a fairly active season."

"Bogie", as a book, sold 2½ million copies. I don't know what the film is going to be like," says Hyams, who was a close friend of Bogart and wrote the official biography of his life. Then he wrote "Bogart and Bacall." He has also written three books about tennis, with Pancho Gonzales, Billie Jean King, and one with Tony Trabert. He ought to know something about the sport by now. Is he going to write one about racquetball? "It seems that when I get into a sport I just have to write about it. But, I'm not far enough into racquetball yet to know what I'd say," says Hyams.

Elke and Joe have a happy marriage. In a



ELKE & JOE

town not noted for lengthy marriages, and in professions which are very hard on relationships, they have somehow managed to keep their wits and their marriage together.

Perhaps part of the reason for that long run is that Joe is very appreciative of their marriage. "All the years we have been married have been good years," he says. "It just doesn't seem like that many have gone by. I look at Elke and I can't believe she's been married to anybody, let alone me, for that long. They've been the best years of my life. She's a good wife. She's a nice person. We have a good time and a lot of fun together. Things like racquetball and the other sports we do together allow us to compete with each other outside the home.

"We just don't have a very tedious marriage. When we got married I said that if it lasted six months or a year that would be fine because it would have to be the best six months of my life. That six months or a year has stretched into 15 years and if it ended tomorrow I'd have no regrets at all . . . They have been such good years. It takes a lot of effort to make a marriage work but the effort has been worth it."

That's probably the finest tribute any husband could offer of his wife. But, in a quiet voice and with even gentler tones he continues. "Sure, I know a lot of people envy me for being married to Elke. But, they envy me for all the wrong reasons. They don't know what kind of person she really is. If they knew what kind of person she is, they'd be even more envious.

"She's a very private person. She never causes any problems. We don't go out much. I guess we're not part of the 'Hollywood' crowd. We eat at home a great deal of the time. And, since Elke doesn't like to cook, I just broil us a couple of steaks and do some vegetables and we're 'at home.'" But Hyams also likes his independence. "I have a lot of male friends and she's never jealous of the time I spend with them. She is totally self-sufficient. She even travels alone. Of course, when she gets wherever she is going she is met by a limousine and taken care of properly. But, she doesn't have to be accompanied by a huge entourage like some movie stars insist on.

"She's so much more than she seems to be. She's much more than just a beautiful blonde. That isn't enough to keep a marriage



going. You can have a beautiful piece of Dresden . . . but, it's just to look at. Elke, as a wife, is not just to be looked at and admired. She is to be lived with and interacted with. She's a very real person. And a very nice person. I don't know anything about her as a human being that I don't like."

Mutual respect and honesty may play a large part in keeping their marriage going. But, when you see them on the court, that's another story. There isn't much quarter asked or given. It's competition.

"Actually, we got into racquetball through Terry Robinson at the Sports Connection (Santa Monica, Calif.)." Joe nods at a rather healthy and rugged looking older man across the room. "Terry's a close friend of mine and he suggested that we come out here and just watch. We did and were very impressed with what we saw. But we didn't think we could get into the game because it's just too quick. Terry suggested that we give it a try, we did, and that was that," says Joe.

"Racquetball helps develop endurance probably better than any other game around. We jog six or eight miles every day, so we have a fair amount of endurance. But, racquetball requires a lot more endurance than

tennis does just because of that speed," says Elke.

Joe and Elke don't think much of people who waste their lives away at desks, without thinking of exercise. "Some writers may feel they are withering away muscularly, just sitting at their desk day after day. But, I wouldn't know about this. I am into karate about four times a week, and as Elke said, we jog six to eight miles every day, and I go skiing on the plastic carpet a couple of times a week. I try my very best to keep my muscles going, because if I didn't I would have a bad back, I'd weigh fifty pounds more than I should, and I would be pretty lethargic. I am probably more into athletics than I normally would be because my job is always sitting down. It's an effort, but I force myself to keep this kind of athletic program when I'm writing.

"Cardiovascular problems are something you can't predict. But, when you get past fifty, as I am, you should be concerned with these things. You should do things which help prevent these problems. The more exercise I do, within certain limits, the more fit I will remain and the fewer problems I will have. After all, Elke's considerably younger than I am and I really don't want to leave her while she's in the full bloom of her life."

R



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HOLLYWOOD WELCOMES MAFIA HIT-MAN, FILM AT ELEVEN...

Sonny Gibson turns from life of crime to religion, acting and racquetball

By Charles Warn

"All actors love pain."

—Hal Holbrook

"It's easy to kill. It's like catching goldfish. You just stick him or shoot him when he don't suspect nothing . . . Today, I am a devoted actor."

—Sonny Gibson

In 1973, Richard Nixon's America was crumbling. As John Dean spilled the beans to Sam Ervin day after day in the Watergate hearings, the country reeled in horror as moral decay infected the republic. It was not the best time for hustlers. Not even good ones. Even the mighty Sonny Gibson (aka "Crazy Sonny Gibson The Killer From Indianapolis") finally struck out.

After a lifetime of con jobs and killings, Gibson, at 33, was sent to prison for the first time. Unable to beat a 160-count indictment for his involvement in the largest mail fraud case in U.S. history, he received a life sentence.

"I shoulda gone to prison many years before," he says today. "The first guy I killed, I was eighteen. I learned my education in the streets."

The "new" Sonny Gibson spreads a message to young loughs of love and peace instead of violence and hate while freely admit-

ting that he used to earn a living as a contract killer for the Mafia. A television interviewer listens to his story and comments solemnly, "You were a bad person."

As if to verify that judgement, Gibson later recalls, "I stuck a guy in prison thirteen times to get an extra ten-minutes with my wife. He was a child molestor. Nobody liked him anyway."

Ask him how he eluded the law for so long he replies instantly, "I was a professional."

Hollywood has also discovered Sonny Gibson. So far, he has a big part in an upcoming Warren Beatty film. He has guested on Charlie's Angels and he has done a series pilot for NBC about a small-town reverend who takes over a big-city congregation. Look out Nick Nolte. Here comes Crazy Sonny.

A vigorous prison reform advocate who maintains that "there is no such thing as rehabilitation," Gibson nevertheless used the five years he spent behind bars to change his life.

It was in prison in California where Gibson first learned racquetball. He recalls playing with home-made "paddles" and handballs. "I used racquetball instead of running to stay in shape," recalls Gibson. "It's important to have some sort of physical discipline, and it's easier for me to stay in shape by exercising with someone else."

It was racquetball, discipline and a dislike

for prison food that trimmed over 100 pounds from what was then a flabby frame. "I lose a pound and a half to two pounds every time I play," says Gibson.

It was racquetball that helped keep him in shape but it was a prison priest named Father Zerratti and a Christian Brother known only as "Big Jim" who turned Sonny's priorities from money and power to Christianity, acting and youth counseling.

"I can relate to Jesus Christ as a man who was on Death Row," says Gibson.

But what about the people who can't relate to Gibson's born-again Christian beliefs? What about the people who don't want to listen to Gibson's preaching? To this, he only says, "For them that believe, no explanation is necessary. For them that don't, no explanation is possible."

Gibson is now pursuing his Christian philosophy and acting career with the same dedication and sense of professionalism that enabled him to amass all the trappings of the American Dream from a life of crime. As an illiterate grade school dropout, he parlayed street smarts and a poor kid's vision of money-as-happiness into millions, mansions, and buddies like Dean Martin and Elvis.

"There's not that much difference between the Mafia and Hollywood," reflects the man

HIT-MAN

who once specialized in swindling bankers and insurance executives, "except with the Mafia, there are no retakes."

Comparing life as an actor to his experiences as a convict, Gibson says that "going to casting directors is like going before a Parole Board." He credits God and good fortune for his early release from prison. "I promised God that when I got out, I would help kids by telling them that there is more to life than dope and violence."

While refusing to divulge the names of his victims, Gibson admits that he has committed "several acts of murder" and then rationalizes himself to the Apostle Paul who was "worse than Hitler" yet was forgiven.

He recounts an incident from prison to illustrate his effectiveness as one of the Lord's spear-carriers: "These Nazis were teasing some Jews, trying to take their money. I was President of the Inmate Council, and I found out about it. I told the Nazis to lay off. Then I told them that if they didn't like it, they could stick me once or stick me twice and I would pray for them. After the second time though, I would tear their heads off. There's nothing in the Scriptures about letting somebody stick

you three times . . . They backed down."

As he finishes the story, Gibson leans forward and says softly, "If you tell somebody that they can stick you twice and you'll pray for them, and then you'll tear their heads off, they know there is something different about you."

There is definitely something different about Sonny Gibson.

For one thing, he is out of step with American history. During the 60s and early 70s, as the nation was tearing itself apart over the Vietnam war, Crazy Sonny was riding high on black market profits generated from the war.

"I used to clear one hundred grand a month from Nam," he admits with a tone of pride one would expect from a true American entrepreneur.

Now, as we enter the magic Orwellian decade of the 80s with President Carter, no less, telling us that the country is in a malaise, Sonny Gibson has once again bobbed to the top like a buoy in a storm.

The only difference to him is that during his life before prison "stealing and killing didn't matter" whereas today he proclaims vehemently, "I hate violence."

On the racquetball court, Gibson is an intimidating figure. He charges each ball with reckless abandon. Wham! Slam! Pop! The ball flees from his racquet as if it knew who was chasing after it.

As an opponent, Gibson lurks menacingly near center court, where he makes up with sheer determination what he loses from novice technique. While he is no threat to Marty Hogan's title, there is an aura about him that makes a better player twitch with the hope that he is not a poor loser. For anyone to serve calmly with this man holding a deadly instrument a few feet behind them seems quite foolish.

But it may be reassuring for a racquetball opponent or anyone else to know that even in the old Crazy Sonny days Gibson maintains that he only killed for power. "There had to be a reason to kill," he says, "like if I found out someone betrayed me or got in the way of a business deal." To most people that is still no justification for killing but Sonny was not one of society's favorites in those days.

Gibson worked with many different partners on his underworld escapades, including one

Before and After:



Former Mafia hit man Sonny Gibson as he looked in his "bad guy" days and as he looks today.



Gibson spends a couple of days during the week playing racquetball, usually with his wife Molinda.

HIT-MAN

who was decorated six times for bravery in Vietnam. "That guy used to tell me that the government gave him ribbons for killing women and children over there," says Gibson. "Life is pretty senseless when innocent people die like that and the killers get decorated. Murder is murder."

The reformed Mafia hit man preaches with the fervor of Billy Graham about the shortcomings of the American system of justice. "The prison system gets a tiger and creates a monster. Prison doesn't deter crime. It's a college for crime. The system breeds hate."

Hate is a word Sonny Gibson uses frequently. It describes a feeling that he knows well. "In prison guys get so much hate built up, they explode." Now what he hates is violence.

The intensity of emotion that is indicated by all that hatred is the inescapable residue of a 39-year-old man trying to live right for the first time. Between the ages of 15 and 17, Gibson says he pulled 50 armed robberies, "mostly liquor stores, local poker games, mom and pop groceries." Violence was a tool that he used unhesitatingly, and well.

Consequently, as someone who understands that type of mentality, Gibson is adamant on the need to educate America's youth about the real world of crime and violence before they are exposed to prison life.

"A kid who goes to prison will receive a college degree in hate, a college degree in violence, and a college degree in killing. If I can

save a kid from that, then I've done something," he says.

The Sonny Gibson Show hit Biloxi, Miss. recently and drew an audience of 8,000 young people brought together by a local priest. Gibson told the story of his exploits as an evil man and his rebirth after finding the Lord. Hallelujah, the kids loved it.

"The prison system really does stink in this country," he tells them with the cold voice of an insider. "If there are riots, the guards get double pay. So the guards set guys up to be killed. The fastest way to get a guy killed in prison is to label him a child molester."

The youths listened closely, wide-eyed.

"The kids mostly want to know about all the millions of dollars I had, and about violence in prison," he explains. "They are always shocked to find out that their gangs won't protect them from the hard cons."

On the day that convicted murderer Jesse Bishop was put to death by the state of Nevada for having killed a young honeymooner who interfered during a Las Vegas holdup, Gibson reflects on the murderer's fate: "He did wrong killing. But prison caused that hate. He didn't want to live life in prison (Bishop could have halted the execution by appealing his case, but chose not to). I can understand that."

As a murderer who has never had to face punishment for his lethal actions, Gibson feels that the death penalty doesn't deter murder and therefore should not be used. "It doesn't bring back a life," he says, "and you get a percentage of guys in prison who want to die." Even with the death penalty on the books, he reasons, these convicts will commit acts for which they will knowingly be executed.

"A few people are crazy," he adds, referring to the publicity surrounding the Bishop execution. "They see him, then go out and kill somebody to get their own face on television."

In his acting career, Gibson has been predictably cast as a tough guy. In one movie, opposite Della Reese, he portrayed a thug who hates blacks. Describing the character, he seems to relish the aspect of his personality that intimidates others.

"I'm like anybody else. I hope one day to be asked to do films because I'm a great actor." Until then, he remains content recreating his former life.

Gibson's personal lifestyle today is much simpler than in the old days. He and his wife Molinda live quietly in a Los Angeles apartment. "Molinda has been terrific through everything," Gibson says wistfully as he considers the changes they've known together during the past ten years. It is Molinda who usually is Sonny's racquetball opponent.

For the first time, as he talks about Molinda, Gibson shows a softer side, a vulnerability that one senses remained carefully shielded through his years as a killer.

"To look in the bathroom mirror and know you haven't hurt no one gives you peace of mind," he says.

R



"A kid who goes to prison will receive a college degree in hate . . . if I can save a kid from that, then I've done something."

Short Shots

A Plea From Alaska



A letter came to us recently from Gary Mack of Anchorage, Alaska, and his friends Helen, Paul, Jay and John. It wasn't your typical letter geared for our "side out" section. There was a sense of urgency to it, so we included it on these pages.

"Wanted! Racquetball courts in Anchorage. This is no joke.

"There is a new shopping center under construction here in Anchorage. It is supposed to be the largest and the nicest. And it

sure would be nice if someone with the bucks opened up a racquetball club in it.

"There are two places to play racquetball in Anchorage (besides the college). One only has three courts and the other has 15 but isn't kept too tidy.

"To lease or rent space, someone—anyone—please call (206) 463-1010. We are down on our knees, begging you, please.

"As racquetball players without a place to play we thank you."

New World Record

Kenny Egel, the 24-year-old pro at the B&R Racquetball Club in Feasterville, Pa., made his claim to the world record for continuous play at racquetball.

Egel played for 155 straight hours, breaking the existing mark of 150 hours. In that time he played 410 games, winning 401.

The racquetball marathon was part of a muscular dystrophy fund raiser in which contestants donated \$10 to play him.

Egel raised \$2,500 for the charity.

"A couple of times I felt like stopping, especially when I had a little trouble with my knees," said Egel. "But I kept telling myself to take it an hour at a time."

Egel lived on protein mixtures, eggs, bananas and plenty of vitamins. There was also a doctor on hand to make spot checks.



Mini-Museum

Racquetball now has its own mini-museum, thanks to Air Force sergeant Bill Durham at Scott Air Force Base in Illinois.

Durham has a collection of racquetballs dating back to such oldtimers as the Spalding Pink, the Joe Sobek Blue and the Penn Gray. The racquetballs are on display at the base gymnasium.

"Most players do not realize the vast amount of balls in use today," says Durham. "My problem is that my collection is incomplete."

Durham says he needs such racquetballs as some old models by Voit, Gould, Sports Craft and others, and he's hoping some readers will help him procure some of the missing racquetballs.

He can be reached at NCOIC, Recreation, Scott AFB, Ill.



Home Court Advantage



After our recent story "There's No Place Like Home" (November '79), these "before" and "after" pictures came across the editor's desk.

The home, located in New Rochelle, N.Y., belongs to South American exporter J. Fernando Castaneda, who got so tired of never getting a court at his local clubs, he decided to add one on to his house.

"He wanted to maintain the integrity of the home, so the court had to conform to the rest of the structure," says Naomi Wundeler of Alterations Unlimited (Mamaroneck, N.Y.), the builders for the project.

The house was once owned by actress Gloria Swanson.

Cost for the project ran up to \$125,000, including partial glass backwall, viewing room, and windows that snap on and off, depending on how much light you want to go into the court area.

Tournament For Charity

A pro-am racquetball tournament for the benefit of the St. Jude Children's Research Hospital Foundation, Inc. will be held Feb. 28-Mar. 2 at the Sports Gallery in Anaheim, Calif.

Top prizes for the event will be two Suburu cars—for the division winners in the men's and women's open.

Celebrity exhibitions will also be held in conjunction with the tournament.

The tournament will be broadcast on KEZY radio out of Anaheim and negotiations are underway for national television coverage.

Danny Thomas is founder of the organization, and has played a large role with organizing the tournament.

Honorary chairman of the celebrity event is expected to be singer-actor Shaun Cassidy.

The Lady Unmasked

Our offices get swamped at times with letters and phone calls relating to various features or instruction articles we run. But in all the years our staff has been involved in journalism, there has never been as much interest in an advertisement as with the one in our magazine for Milibra Construction.

We get more letters and more letters and phone calls and general comments at local racquetball clubs concerning the model in the ad. The comments range from "That is the greatest ad I have ever seen" to the most typical one, "Who is she?"

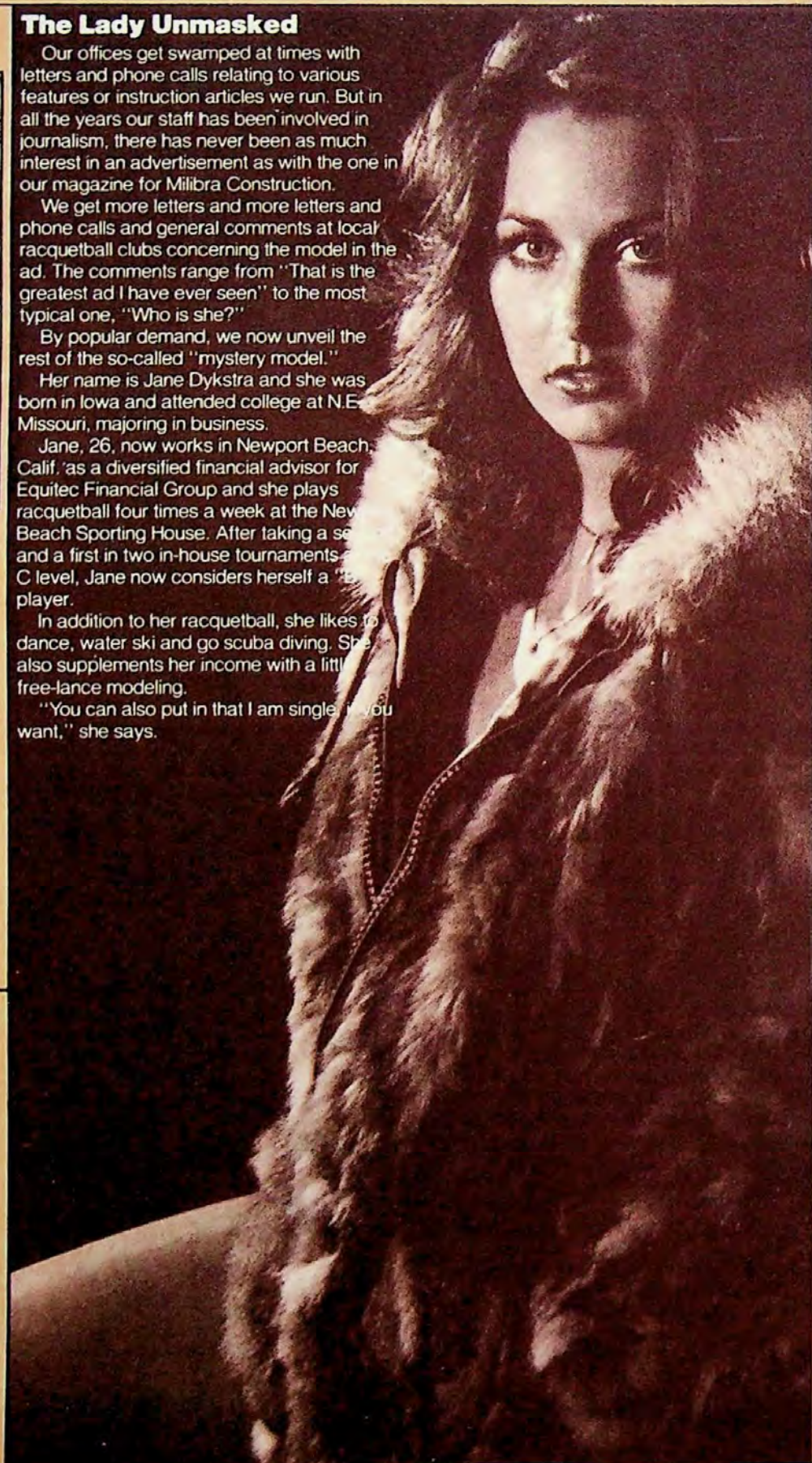
By popular demand, we now unveil the rest of the so-called "mystery model."

Her name is Jane Dykstra and she was born in Iowa and attended college at N.E. Missouri, majoring in business.

Jane, 26, now works in Newport Beach, Calif. as a diversified financial advisor for Equitec Financial Group and she plays racquetball four times a week at the Newport Beach Sporting House. After taking a second and a first in two in-house tournaments at C level, Jane now considers herself a "B" player.

In addition to her racquetball, she likes to dance, water ski and go scuba diving. She also supplements her income with a little free-lance modeling.

"You can also put in that I am single, if you want," she says.



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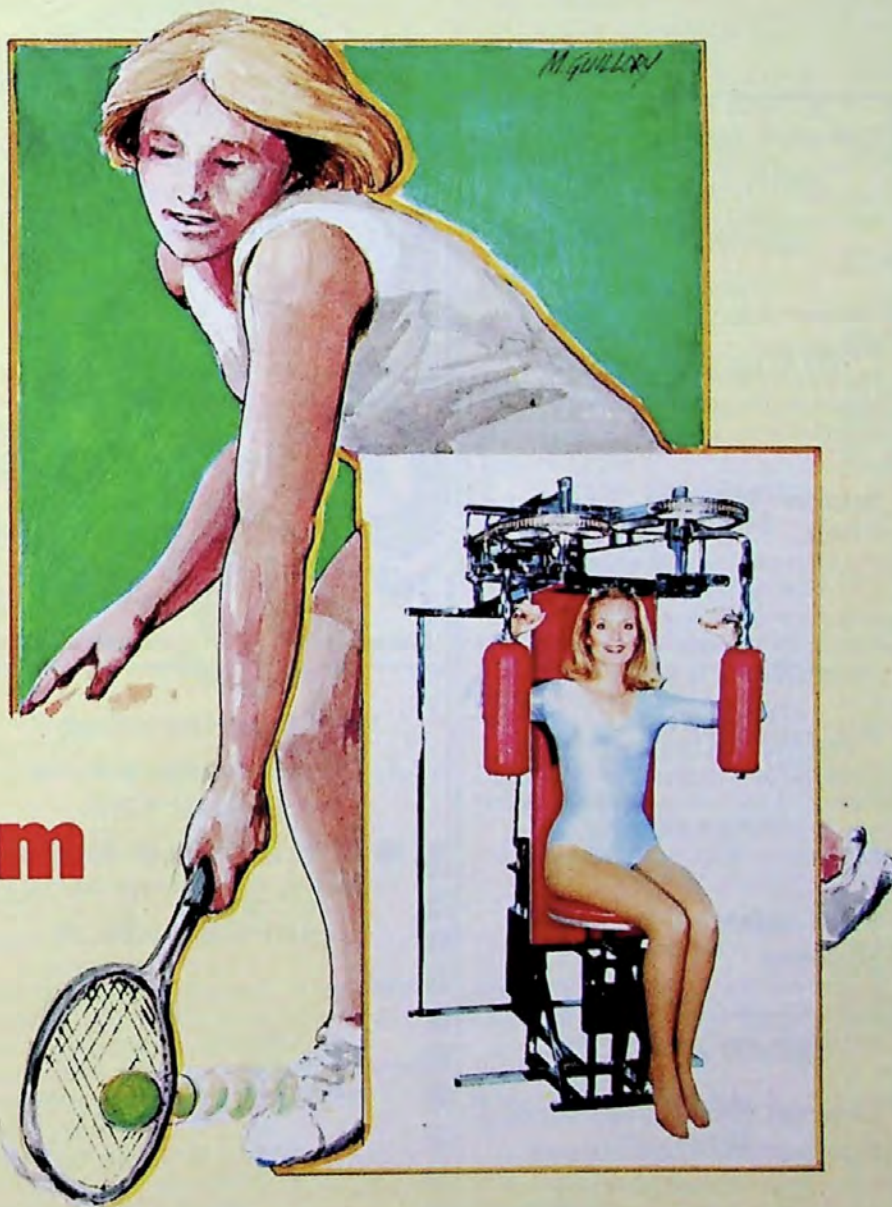
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TOURNAMENTS



Coors Veterans

There's a new champion on the racquetball court named Walton. This Walton is also blonde and from California. But this Walton is of the male variety and, at 6-foot-6 towers nearly a foot above National Women's Champion Karin Walton.

Bruce Walton, former Dallas Cowboy offensive lineman, never made it past the first round of any racquetball tournament he entered until he won the \$20,000 Coors All Pro Racquetball Championship for sports veterans held at the Las Vegas Sporting House.

Walton, who downed former Denver Bronco halfback Bob McNamara 21-20, 21-10 in the final round, received \$6000 for his victory.

"I thought I stood a good chance of winning," said Walton, a San Diego resident and brother of San Diego Clipper Center Bill Walton. "But thinking you can take first place and then going out and doing it are two different things."

Walton first played racquetball in 1970 while attending UCLA. He has been playing steadily, three times a week, since 1976.

"But I was never really sure if I was any good," he said. "I play against a lot of top players in San Diego. The proficiency level is very high in that city."

"I entered two tournaments for 'B' players this year. In any other city those same players would be rated 'A' level. I was eliminated in both events by opponents who went on to win the competition."

"I've played against some of the professional racquetball players based in San Diego and I always got killed. I could maybe get five points a game against Marty Hogan but only if Marty was having a bad day."

"It was pretty discouraging facing this type of competition but apparently it paid off for me."

George Blanda, pro football's all-time leading scorer, defeated former Baltimore Oriole star Brooks Robinson (left), 21-15, 21-13, in Coors All-Pro racquetball tournament for veterans.

Walton's road to the finals was marked by the closest and most exciting of the competitions exhibited in the Coors tournament, with his second round and semi-final matches decided by three-set tiebreakers.

Walton easily defeated his first round opponent, Ed Marinaro, (former Minnesota Viking), 21-4, 21-17. Ron Williams, a veteran guard with the Golden State Warriors, provided stiffer competition to Walton in the second round with Walton narrowly defeating him, 21-15, 14-21, 11-7.

"I play my best game when I'm trailing," Walton said.

Walton won his quarterfinal match against Mike Lucci, a former Detroit Lion and Cleveland Brown, by his widest margin of victory, 21-2, 21-4.

But his next contest was his most difficult when he met former Baltimore Colt wide receiver and running back Ron Gardin.

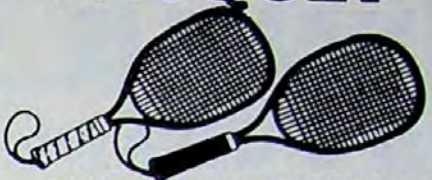
"Gardin is a very intense player who can often psyche-out his opponent," Walton said. "He totally concentrates on his game and blocks out all other thoughts. This can unnerve some of his opponents to the point where they might try shots they normally would let go by."

"I had to force myself to play my own game, being aggressive on my serve and defensive when Ron served."

Walton trailed the length of the first game until he captured the last four points to win, 21-20.

"That was the turning point of the match," he said. "The first game really should have

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TOURNAMENTS



Former Dallas Cowboy lineman Bruce Walton (right) defeated former Denver Bronco Bob McNamara, 21-20, 21-10, in the veterans finals at the Las Vegas Sporting House.

been Ron's and he knew it. I think it bothered him throughout the rest of the match and caused him to doubt his ability to make certain shots."

Gardin took the second set, 21-9, but Walton, who went ahead 5-0 in the tiebreaker, closed out the match 11-6.

Walton's final round opponent, McNamara, was the favorite in the competition. He had competed in the Coors veteran's event in 1978 where he advanced to the semi-finals. There he was eliminated by Al Ferrari, ex-St. Louis Hawk, who went on to compete in the Grand Finals where he placed second to Randy Vataha (former New England Patriots) and collected \$35,000.

Walton took an early lead in the first game of the final, 4-0, but McNamara gradually narrowed the margin. McNamara went ahead 11-10 and at one point widened the margin to 17-12, and served for game point at 20-18. But Walton regained the serve and, as in his game against Gardin, came from behind with the last three points to win 21-20 with his final point an ace. Walton breezed through his second game, winning 21-10.

"His serve was just too tough for me," McNamara said. "He got seven points off me in the first game and eight off me in the second from his serve alone. I just couldn't get to it."

McNamara received \$3500 for his second place finish and Gardin and Williams each collected \$1250.

Also entered in the three day competition were George Blanda, the all-time leading scorer in the NFL, and Brooks Robinson, one of the best third basemen of all time and voted the "most famous Oriole" by his Baltimore fans.

"I know guys who are over 60 and play a commendable racquetball game," said the 52-year-old Blanda. "It's a great way to stay in shape and is a game of strategy as much as anything else. I plan to keep playing for a long time."

Other contestants entered in the tournament were Kermit Alexander, Jimmy Johnson, Brian Oldfield, Tommy Nobis, Ralph Neeley, Mike Adamle, Tommy Mason and John Block.

Jack-In-The-Box Classic

The only question in pro racquetball tournaments these days is not who will win but who will face Marty Hogan in the finals.

In the Jack-In-The-Box Classic at the Arizona Athletic Club in Tempe, Ariz., it was Dave Peck who made it this time to the finals but the results were the same with Hogan winning the top prize, 21-15, 21-19.

In the women's finals, world squash champion Heather McKay, now trying to make a name for herself in racquetball, won her first pro tourney, defeating Sarah Green, 21-16, 21-13.

Peck led Hogan 8-3 in the first game before Marty pulled ahead 9-8. The players were tied at 12 and Peck led 15-12 before Hogan ran off nine points in a row.

Peck jumped to a 4-0 lead in the second game but Hogan pulled ahead 9-5. The two were again knotted at 12, but Peck couldn't score the next five times he served and Hogan pulled away 18-12. Peck cut it to 20-19 and Hogan won on a skip ball.

McKay trailed 13-4, in the first game, then started mixing up her game with passing shots and pinches and went ahead 14-13. From there Green could only manage three more points.

The second game was all McKay. Using passing shot after passing shot, McKay drove out to a 13-5 lead in the second game before Green cut it to 13-12. McKay then blanked her opponent the rest of the way.

Prize money for the tournament totaled \$21,000 with \$4,500 going to Hogan and



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TOURNAMENTS

\$1,500 to McKay, who immediately returned it. McKay wanted to retain her amateur racquetball status until after she competed in the Coors All-Pro tourney worth \$50,000 to the winner.

Of his match with Peck, Hogan said, "He (Peck) concentrates better than most of the others. He's a good, steady player and should continue to improve."

"I was impressed with Peck's game," said former national champion Charlie Brumfield. "It was the first time I've seen Hogan try and pull away and couldn't."

Peck, who was blown out by Hogan in the first pro stop in Chicago, said the "mystique" of playing Hogan is gone. "I am learning a little more every time out. I look forward to meeting him more often and beating him."

Hogan reached the finals with a 21-20, 21-17 win over Davey Bledsoe in a match thought to be the best of the tourney. Hogan led 12-1 and 16-3 in the first game before Bledsoe put on an unbelievable charge and tied it at 20. At that point, however, he skipped a lob second serve and lost the game.

Bledsoe was down 17-8 in the second and managed to cut it to 20-16 before Hogan won.

Hogan also had a tough quarterfinal match, going three games before defeating Steve Strandemo, 19-21, 21-18, 11-4.

Peck defeated Don Thomas 21-12, 21-6 in the semis and Ben Koltun, 21-9, 21-16, in the quarters.

Other quarterfinals found Thomas over Mark Morrow, 21-13, 21-13 and Bledsoe over Mike Yellen, 17-21, 21-19, 11-6. Morrow had upset Brumfield earlier, 21-5, 21-11.

In the women's division, McKay defeated Marci Greer, 12-21, 21-16, 11-4, in the semis and Green defeated Shannon Wright by default. Wright had injured an ankle while hiking the week prior to the tournament but still managed to win three matches and earn a spot in the semis before bowing out.

In the quarters, McKay defeated Lynn Adams, 21-16, 21-14, Green defeated Rita Hoff, 17-21, 21-13, 11-2, Wright defeated Hope Weisbach, 21-17, 9-21, 11-7, and Greer topped Jennifer Harding, 21-20, 8-21, 11-7.

"I'm delighted with my passing game, which comes from my squash training," said McKay. "But I still have to work on my serve and on developing a kill shot."

"I probably tried to pass too much in the first game against Sarah but it worked out. I went for more kills in the second game. And I was very happy with my ceiling shots."

"You are not going to beat a passer my passing," said Green. "I had to put it away and I couldn't do that. I was trying to play my game but she wouldn't let me."

Maine Invitational

Charlie Brumfield, a five-time national racquetball champion, notched his eleventh professional career victory in Bangor, Maine,

with a 21-17, 21-16 decision over Craig McCoy in the \$10,000 Holiday Health and Racquet Club Invitational. The tournament also marked the first defeat for Marty Hogan in over a year.

Brumfield, who sat out much of last year after being stricken with hepatitis, defeated amateur Al Hess, Steve Keeley, Lindsay Myers and McCoy en route to the top prize of \$4,000.

McCoy, who has credited Brumfield with sparking his interest in racquetball years ago, and who teamed with Brumfield to take several doubles titles early in his career, beat Reb Brown, Ben Koltun and Don Thomas before losing to his one-time mentor. McCoy collected \$2,000.

"I'm feeling stronger every time out," said Brumfield. "It seems like you can only go so hard at times. But from now on, I'm going out to win."

Thomas, who along with semifinalist Lindsay Myers, won \$1,000, figured in the biggest upset of the tournament. He ousted Marty Hogan, 21-15, 21-19, in the quarterfinals. Hogan offered no excuses for the surprising loss despite landing in Bangor after a 30-hour trip from Taiwan.

The tourney was open only to pro players sponsored by Leach Industries.

Etc.

- Dave Blackford defeated Dave Glander, 21-7, 21-12, in the men's championship of the Fall Open at the Aspen Club in Aspen, Colo. Ann Kashiwa defeated Sue Capiel, 21-4, 21-10, in the women's open. Other division winners were Ed Robison (A), Lin Hollowell (B) and Barb Robison (women's B). In a special exhibition dedicating the new glass tournament court, touring pro Steve Strandemo defeated former Colorado state champion Monte Huber, 21-12, 21-14.

- Mark Malowitz and Jeff Kwartler of Texas defeated Ken Smith and Kevin Chambliss of Oklahoma, 21-13, 21-10, in the men's finals of the IRA National Doubles Championships in Oklahoma City. Nancy Hamrick and Diane Green of Florida defeated Debbie Drury and Dee Lewis of Florida, 21-18, 21-15, in the women's championship. Mike Romano and Mike Luciw won the men's 30-over title and Bud Muehleisen teamed with Myron Roderick to win the men's seniors division.

- Frank Leydens defeated Mick Hopkins, 21-11, 21-15, to win the men's open divisions of the Crackshooters Open at the Rocky Mountain Health Club in Cheyenne, Wyo. Kathy Hinshaw won the women's title with a 21-17, 21-16 victory over Patsy Hopkins.

- Ektelon's 1980 "Guide to Better Racquetball" is available for free to the public by writing Ektelon, 8929 Aero Dr., San Diego, Calif. 92123.

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FASHION RAC



This was not an ordinary afternoon for them. This was not just an hour on the court, get off and go home. This was a six-model round robin racquetball tournament (preceded by a light workout on the weight-room equipment) at the Mid Valley Racquetball Club in Reseda, Calif.

The competitors, wearing some outstanding looking fashion by RAQUETTES (Hialeah, Fla.), were Michele Money, Sarita Segura, Linda Teslow, Pamela Mullen, Cecily Kerr and Nancy Wells.

Michele Money (far left) is wearing the clever white with navy applique T-shirt made of 50 percent polyester and 50 per cent cotton. **\$13.** Sarita Segura (second from left) looks sharp in a burgundy and navy interlock knit top and short set. **\$25.50.**



Cecily does her racquetball playing in Raquettes' pique outfit made of 65 per cent polyester and 35 per cent cotton back. The white with kelly and royal trim collared shirt sells for **\$13.** The matching shorts sells for **\$16** and the jacket retails for **\$21.50.** Pamela hits her kill shots in her beige (with burgundy piping) top and short set. The interlock knit outfit sells for **\$25.50.** Linda has chosen a navy blue V-neck terry cloth top (**\$15**), with straight leg pants (**\$16.50**).

Fashion coordinated and directed by David Chow.
Make-up and hair by Betsee Isenberg.
Special thanks to Steve Grosslight of Mid-Valley Racquetball Club.

RAQUETTES



Linda Teslow warms up for her tough racquetball match in a terrycloth jacket and matching beige pants with bands. The jacket, made of 80 percent cotton and 20 per cent polyester, comes with hood. Jacket sells for **\$25.50** and pants retails for **\$15.50**. Michele Money works out in her turquoise (with white inserts) interlock knit top and short set. **\$25.50**.



Pamela Mullen works out wearing Raquettes' interlock knit top and short set made of 50 per cent cotton and 50 per cent polyester. The top and short set—silver with burgundy and navy inserts—sells as a set for **\$27.50**.



Cecily Kerr pulls it all together in a beige (with kelly and navy inserts) top and short set. The poly-cotton interlock knit outfit sells for **\$27.50**.

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2900 Kraft Road
(313) 385-4469

Rochester
The Rochester Courts
950 W. University Drive
(313) 652-1510

Roseville
Rose Shores East
Racquetball, Inc.
31950 Little Mack
(313) 296-2200

Saginaw
Sports Illustrated Court Club 7
2717 Schuyl Rd.
(517) 321-1430

Southfield
Southfield Athletic Club, Inc.
26555 Evergreen
(313) 296-2200

Springfield
Sunshine Racquetball Club
3534 E. Shushine
(412) 883-4800

Sterling Heights
Parkside Racquet Club
42140 Van Dyke
(313) 254-1012

Sterling Heights
Sports Illustrated Court Club 12
42140 Vandyke
(313) 254-1012

Trenton
Racquet King Courts
1630 Fort Street
(313) 676-5850

Ypsilanti
Sports Illustrated Court Club 1
2111 Golfside
(313) 434-2111

MISSOURI

Creve Coeur
The Racket Man, Inc.
11048 Olive Blvd.
(314) 567-0873

Springfield
Sunshine Racquetball Club
3534 E. Sunshine
(417) 883-4800

NEVADA

Carson City
Capitol Courts, Inc.
3448 Bernese Court
Carson City, Nevada
(702) 882-9566

Las Vegas
Las Vegas Sporting House
3025 Industrial Road
(702) 733-8999

NEW HAMPSHIRE

Nashua
Off The Wall Racquet Club Inc.
596 West Hollis St.
(603) 889-5520

Portsmouth
Off The Wall Racquetball Club,
Inc.
Albany Ext.
(603) 431-1430

NEW MEXICO

Albuquerque
Supreme Courts
4100 Prospect N.E.
(505) 266-7781

Las Cruces
Coaches Racquetball & Health
Club
305 E. Foster
(505) 526-4427

NORTH CAROLINA

Charlotte
Sports Illustrated Court Club 17
5501 77 Center Drive
(704) 627-0975

Greensboro
Sportime Racquet Club
P.O. Box 21867
(919) 275-2521

Raleigh
Carolina Courts
1207 Front St.
(919) 832-5513

Raleigh
Highwoods Racquetball Club
2912 Highwoods Blvd.
(919) 876-3641

Winston Salem
Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown
Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500

Cedar Knolls
Racquetball Club
at Cedar Knolls
119 E. Frederick Place
(201) 267-2886

Chatham
Chatham Squash and
Racquetball Club
484 Sanborn Place
(201) 377-1900

Colonie
Supreme Courts
Racquetball Club
Colonie Shopping Plaza
Route 27
(201) 382-4994

Englewood
Court of Appeals
200 Grand Ave.

Garfield
Racquetball Plus of Garfield
83 River Dr.

Fairfield
Yogi Berra's Hall of Fame
Racquetball Club
333 Route 46
(201) 227-4000

Ocean
Ocean Racquetball
& Health Club, Inc.
1602 Highway No. 35
(201) 531-9300

Randolph
Olympic Racquetball &
Health Club
Randolph Park West
(201) 328-0660

South Plainfield
Ricochet Racquet Club, Inc.
219 St. Nicholas Avenue
(201) 753-2300

Tom's River
Racquetball of Tom's River
671 Batchelor Street
(201) 349-6100

Wall
What's Your Racquet
Atlantic Ave. bet. Rt. 35
& Rt. 34
(201) 223-2100

Wayne
Racquetball International
342 Paterson-Hamburg
Turnpike
(201) 942-9400

West Orange
Eagle Ron Court Club
426 Eagle Rock Avenue
(201) 731-8886

NEW YORK

Amherst
Boulevard Mall
Racquetball Club
1185 Niagara Falls Blvd.
(716) 833-5226

Buffalo
4 Wall Courts
580 Cayuga Road
(716) 632-1984
Cedarhurst
Executive Courts West
395 Pearsall Avenue
(516) 239-3500

Dewitt
Dewitt Clubhouse
Widewaters Parkway
(315) 466-0376

Happesage
Off the Wall Racquetball, Inc.
230 Oeser Avenue
(516) 249-0828

Howard Beach
Lindenwood Racquetball
82-12 151st Avenue
(212) 738-5151

Liverpool
Meadows Clubhouse
4989 Hopkins Road
(315) 451-5551

New York
Manhattan Squash club
1114 Ave. of Americas
(212) 869-8969

Patchogue
ABC Racquetball Courts, Inc.
620 Old Medford Ave.
(516) 475-3758

Rochester
Winton Racquetball Club
3120 South Winton Road
(716) 271-3700

Troy
The Troy Courts
3863 Rochester Road
(313) 689-5415

Utica
Courtland Racquetball
45100 Mound Rd.
(313) 254-1056

Westbury, L.I.
Health 'n' Sports
1020 Old Country Road
(516) 996-8855

Westvale
Westvale Clubhouse
3328 West Genesee Street
(315) 488-3126

OHIO

Cincinnati
Pat Matson's Racquetball/
Mandball Fitness World, Ltd.
4780 Cornwell Road
(513) 791-9116

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Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930

Columbus
Countryside Racquetball &
Handball
1635 E. Dublin-Grandville
(614) 885-BALL
Columbus
Racqueteer Club
2400 Park Crescent Drive
(614) 864-7676

Dayton
Dayton Circuit Courts Assoc.
1497 Shoup Mill Road
(513) 276-5959

Dayton
Dayton Circuit Courts East
3182 Rodenbeck Drive
(513) 429-2819

Holland
Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101

Kettering
Court Management Co., Inc.
1240 Ridgeview Ave.
(513) 294-5830

Kettering
Dayton Circuit Courts No. 2
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Madiera
Court House East Ltd.
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271-3388

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Voit Impact XC	36.95
Omega Century	37.95
Omega Pro II	33.95
Omega Esprit	24.95

RACQUETBALLS

Ektelon Speedflite, can or box	doz. 24.50
Seamco 600	doz. 18.99
Voit Rollout Bleu	doz. 17.99
Seamco 444, 558, 559, 700	doz. 15.99

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Leach Non-Slip Deerskin	8.95
Saranac R-200	8.95
Saranac R-600	7.50
Saranac R-68, R-70, R-75	5.99
Champion 610, 666, 687	5.99

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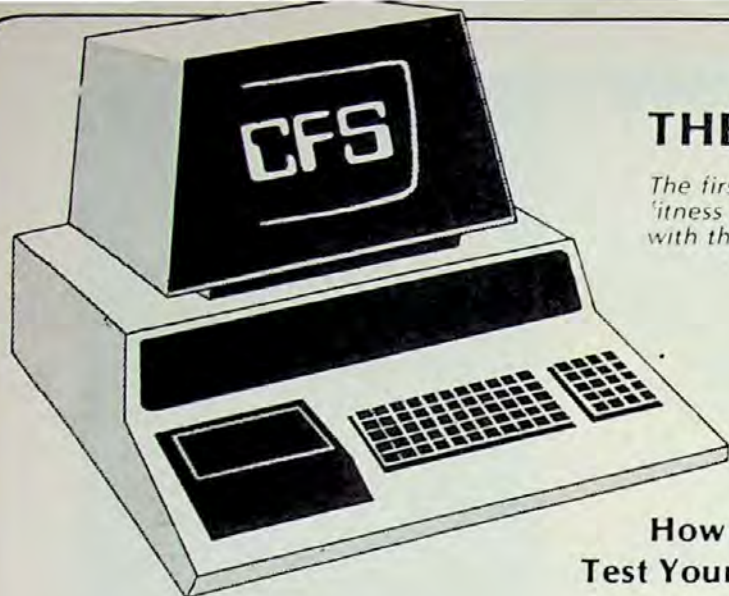
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(In Ohio, call collect)

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THE COMPUTERIZED FITNESS SYSTEM

The first computerized Fitness System that gives you fitness tests, provides a fitness prescription, and follows your members progress while providing you with the industry's ultimate edge against competition.

Your Best Employee

The fitness conscious adult has now come to expect more from the health and sporting club. They want a well designed fitness program... A program that will increase their cardiovascular health and reduce their risk for heart attacks. They want a program that will reduce that body fat and trim up those sagging muscles. But before you can give them such a program they have to know how fit they are.

The major thrust of the health and sporting club industry is the setting up of fitness programs for its members. But fitness testing, the prescription of programs and the follow-up take a great deal of time and expertise. The club manager is no longer expected to just handle sales and organization now he's being asked to be an expert in exercise physiology. And in most cases, this is impossible.

But now your members can have their fitness tested in five separate categories by a computer. Which computer will then tell them what kind of shape they're really in. More than this, the Computerized Fitness System will provide a prescription which is personalized for each member. And then the computer will keep track of their progress and help your members to continue their program in your club.

Perhaps the best feature of the Computerized Fitness System is as a sales and promotion tool. Clubs that have the ability to give testing, prescribe programs and help their members continue with the help of the computer have a distinct advantage over their competitors.

When you consider what it costs to have an employee to handle fitness programs, the Computerized Fitness System is an unbelievable asset. You could have the foremost authority in health and fitness but people go to the club that has the Computerized Fitness System.

How the Computer Test Your Members Fitness

The Computerized Fitness system is the culmination of software developed by TOMAR Fitness Systems and hardware from Commodore. There are seven tests that the computer runs on each of your members. They involve cardiovascular fitness, body fat levels, a risk factor analysis for heart disease, two tests for muscular function and two tests of flexibility.

All the tests are conducted with the Computerized Fitness System and are fun for your members. For the test of cardiovascular fitness, the computer has your member stand up and down for three minutes while monitoring his heart rate. For body fat levels it has them get pinched. For the risk factor analysis, it asks questions. And in the tests for muscular function and flexibility, the computer has your member perform simple yet exacting exercise movements.

The tests that the computer gives are from the most recent investigations on fitness and health and are easy to take. Your member follows simple instructions and touches his toes, pinches his stomach or does whatever the computer asks. And these tests have been geared for the whole family but primarily for the adult member.

```

  * BODY COMPOSITION *
  NAME: John Franklin
  ANALYSIS
  HEIGHT: 5 FT. 8 IN
  WEIGHT: 210 LBS.
  FAT WEIGHT: 40 LBS.
  LEAN BODY WEIGHT: 170 LBS.
  RELATIVE FAT: 19%
  IDEAL WEIGHT: 200 LBS.
  You need to lose 10 pounds.
  
```

The computer prints out precise information on body composition.

How the Computer Interprets Tests and Prescribes A Fitness Program

After your member has taken the tests he will be provided with a "Personal Fitness Program." This provides a hard copy of the results of the tests he has just taken. It also interprets his test scores. It'll tell him exactly how he did and what it means. He will then be given a prescription based on his ability to exercise. He'll be told how to take his heart rate and you will provide the type of exercise. Whether you offer weight training or racquetball, jogging or tennis, the prescription will fit right in with your program and your facilities.

The prescription will also explain the MET scoring system. This allows your member to keep track of his progress. A MET, very simply is a unit of energy. When the body is at rest the body uses a certain amount of oxygen. This level is deemed as 1 MET. As your member becomes more active his body uses more oxygen. Based on test scores your member is given a weekly MET point level to reach. It makes the intangibles of exercise tangible. It gets them going and keeps them going.

More importantly, it allows them to participate in any type of exercise that you and your facility offer. It makes your program a better one.

A Sales And Promotion Tool

As a sales and promotion tool the Computerized Fitness System will attract prospective members. Consider what your club is in business for. You want to promote health and fitness. You make promises to trim your members up and to show them how to stay fit. The Computerized Fitness System will bring in prospective members because you will have shown them how far advanced you are in the science of fitness. Clubs that have the ability to give testing for a small fee or as a promotional move to help the member begin and continue his program with the use of a computer have a distinct advantage over their competitors. And if the computer is not in use as your fitness director it will control inventory, reserve court space and play a variety of games.

Due to recent advances in Computer technology the Computerized Fitness System is very inexpensive. It can pay for itself with the first week. But if having a "computer" appears to be an extra expense, consider what the cost of an employee to do this testing would be. Consider the number of members who will join just because of your "Computerized Fitness System." Consider your competition. They'll be using the system soon enough. When you consider the advantages of having the Computerized Fitness System in your clubs also consider the disadvantages of not having it.

To order your COMPUTERIZED FITNESS SYSTEM, send \$1495.00 (Florida residents please add 4% sales tax) to the address below or credit card buyers may call.

```

  * COURT RESERVATIONS *
  8:00                               8:30
  COURT 1                            COURT 2
  STEVE CARLTON                       DAVE BARNEN
  COURT 3                            COURT 4
  HENRY POOL                          MIKE WHITE
  COURT 5                            COURT 6
  DAN RILEY                           BILL ATKINS
  
```

The computer will give you instant access to court reservations and much more.

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 "WHERE FITNESS IS A SCIENCE"
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 Lake Helen, Florida 32744
 (904) 736-8178

```

  * RISK FACTOR ANALYSIS *
  1. How many hours do you sleep
  each night?
  A. 4-6 B. 7-8 C. 9-12
  ? A
  YOUR ANALYSIS
  Sorry, you rate poorly. Most
  people sleep between 7 and 8 hours
  a night. These people are the most
  healthy. Those sleeping 6 hours or
  more have the most illnesses.
  But those sleeping 6 hours or
  less have the poorest health. Get
  more rest.
  
```

The computer analyzes your members risk of heart disease.

CLUB DIRECTORY

Massillon
Glove & Racquet
3885 Wales Road, N.W.
(216) 837-9602

Moraine
Dayton Court House
2750 Bertwynn Dr.
(513) 294-0700

OKLAHOMA

Stillwater
Racquet Time of Stillwater
1225 N. Perkins Road
(405) 372-8655

Oklahoma City
Racquet Time Courts
6701 Wilshire Blvd.
(405) 721-9205

OREGON

Eugene
Court Sports I
2510 Oakmont Way
(503) 687-2811

Eugene
Courtsports II
4242 Commerce Street
(503) 687-2255

Medford
Medford Superior Courts
727 Cardley Ave.
(503) 772-3194

Milwaukie
Milwaukie Racquetball
4606 S.E. Bordman
(503) 659-3834

Portland
USA Oregon Athletic Club
8333 N.E. Russell
(503) 254-5546

RHODE ISLAND

E. Providence
Playoff Racquetball
Handball Club
15 Catamore Blvd.
(401) 434-3600

Warwick
Corner Shot Racquetball Club
43 Jefferson Boulevard
(401) 781-1850

PENNSYLVANIA

Erie
Forest Hills Athletic Club
3910 Caughey Road
(814) 833-2468

Harrisburg
Bentley Club and Courts
2301 Grimes Drive
(717) 454-4231

Hollidaysburg
Neves Racquetball Club
RD 2 Scotch Valley Rd.
(814) 696-3837

Feasterville
B & R Racquetball Club
1040 Mill Creek Drive
Mill Creek Park
355-2700

Lancaster
Greenfield Court Club
1845 William Penn Way
(717) 392-4194

Lower Burrell
Hillcrest Racquet Club
No. One High School Drive
(412) 339-7100

Monroeville
Racquet Time of Monroeville
Old Wm. Penn. Hwy. & Duff Rd.
(412) 373-1911

Southampton
Fox Racquetball Club
Second Street Pike &
Jaymor Rd.
(215) 322-8080

TENNESSEE

Memphis
Center Courts, Inc.
2611 S. Mendenhall Road
(901) 682-6661

Memphis
Don Kessinger Court Club
1010 June Road
(901) 682-6661

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Corpus Christi
Racquetball Club
1017 Barry Street
(512) 855-4175

Dallas
Racquetball at Northpark
8878 N. Central Expressway
(214) 692-6000

Lake Jackson
Two Guys Racquetball Club
110 Heather Lane
(713) 297-1731

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Racquetball & Handball Clubs
of San Antonio
121 N.W. Loop 410
(512) 349-8596

San Antonio
Racquetball & Handball
Clubs of San Antonio
7700 Torino Drive
(512) 349-8596

WASHINGTON

Seattle
Tennis World
7245 W. Marginal Way
(206) 767-4400

Spokane
The Spokane Club
W. 1002 Riverside Ave.
(509) 838-8511

Tumwater
Tumwater Valley Racquet Club
4833 Tumwater Valley Drive
(206) 352-3400

WISCONSIN

Menomonee Falls
Falls Racquetball Club
1485 W. 15960 Appleton Ave.
(414) 251-1420

Milwaukee
The Brookfield Racquetball
Club
670 Larry Court
(414) 782-8121

Milwaukee
North Shore Racquet Club
5750 No. Glen Park Rd.
(414) 351-2900

Milwaukee
South Shore Racquet Club
4801 S. 2nd Street
(414) 482-3410

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The Racquet Ball Club, Inc.
1939 S. 108th St.
(414) 321-2500

Waukesha
Racquetball Club
of Waukesha
1530 E. Moreland Blvd.
(414) 544-4111

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Laramie
Slim & Swim Health Club
411 S. 20th Street
(307) 742-4760

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5502 Lougheed Highway
(604) 294-8348

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drastically reduces "torque," and virtually eliminates slippage, you may never suffer another blister. It lasts far longer than leather. It can never stretch. Or shrink. Or rot. Or irritate sensitive skin.

Get your racquet rewrapped with Supreme Grip and get a better grip on your game.

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How many people do you know who have had open heart surgery?

Meet another.

She's not 50 or 60. She's only 8. And this is her third operation. The open heart surgery will help her lead a normal life. Each year, 25,000 children are born with heart defects which can disable them for life.

The American Heart Association is fighting to reduce early death and disability from heart disease and stroke with research, professional and public education, and community service programs.

But more needs to be done. You can help us save young lives by sending your dollars today to your local Heart Association, listed in your telephone directory.



Put your money where your Heart is.



American Heart Association

WE'RE FIGHTING FOR YOUR LIFE

OFF THE WALL

Editor's Note: This issue we introduce cartoonist Tony Saltzman of Grand Rapids, Mich., whose cartoons will appear in RACQUETBALL ILLUSTRATED over the next year at various places in the magazine.



"I hate to disagree with you. But, under the circumstances, I feel it was an unavoidable hinder..."

THE NEXT SHOT....

The March issue of Racquetball Illustrated will feature:

PLAYERS OF THE YEAR

The Votes are tabulated and the winners will be announced.

KIDS DAY

What problems do kids have in trying to learn the game?

HOW TO THINK

Touring pro Rita Hoff gives concentration tips.

DEPRESSION, NERVOUSNESS, ANGER

First of a three-part series on how each affects your game and your life

FAMILY AFFAIR

How did one prominent racquetball family get into the game?

KNEE INJURIES

A part of the body well worth keeping in tact.

Plus: Coverage of the Voit-Self Nationals, more instruction from the top pros in the country and a cover story on the man who has the largest family on television and a large (and athletic) family in real life.

They have names like Fantome. Polynesia. Flying Cloud. Yankee Clipper. And each is a legend. Great schooners where Onassis' partied, where Vanderbilt entertained millionaires and the Duke of Westminster greeted royalty. Legendary times, ships and parties.

If your soul and body are ready to become a part of a legend, sail away with us to the exotic Caribbean. True life adventure with golden tanned bodies. Prowl on deserted beaches on moonlit palm fringed islands. Sailing, skindiving, beach partying, rollicking in forgotten coves, and discovering hidden volcanoes.

Our Caribbean sun and moon will caress your soul. Then we'll vibrate it with throbbing steel drum rhythms and dare your body to follow. To fill itself with great foods, rum swizzles, champagne, wines, and introduce itself to some intimate vibrations from some great guys and gals.

We'll dare your body to reach out and touch adventure, to share 6 days with exciting shipmates from \$350. And become a part of a legend.

Sail a legend



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Attention Racquetball Players



Racquetball Championships

Six winners fly to National Amateur Championships in Los Angeles.

National Amateur Championships, \$40,000 Professional Invitational and Special Celebrity Tournament: May, 1980, Los Angeles, California.



A portion of all tournament entry fees will be donated to The Special Olympics.

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Grand prizes are Club Med vacations to Mexico, the Bahamas or the French Caribbean.**

Major Prizes for local winners including Hitachi audio products and Nike racquetball shoes.

Complimentary Lacoste-style shirts, door prizes and free tournament hospitality.

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Men's Singles

Open*
B
C
Novice
Senior (35+)*
Master (45+)

Women's Singles

Open*
B
C
Novice
Senior (35+)*
Doubles
Open*

Regional Tournaments:

Regional tournaments will be held from February 20 thru April 20, 1980.
Contact local court club for tournament dates.
Atlanta, Courtsouth
Baltimore, Holabird Racquet Club
Boston, Playoff Racquetball/Handball Club
Chicago, The Glass Court
Cleveland, Off The Wall Racquetball Club
Denver, Denver Sporting Club
Detroit, Rose Shores East Racquetball
Houston, Chancellors Racquet Club
Kansas City, Dale's Courts
Miami/Ft. Lauderdale, The Courtrooms
Milwaukee, Brookfield Racquetball Club
Minneapolis/St. Paul, Roseville Racquet Club
New York Metro (New Jersey), Racquetime
Orange County (California), Racquetball World
Phoenix, Arizona Athletic Club
Philadelphia, The Highpoint Racquet Club
St. Louis, Spaulding Racquetball Club
San Francisco Bay Area (San Jose), Schoeber's Racquetball Spa
Seattle, First Serve



Ektelon, the most recommended racquet in racquetball.



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Championships



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